

# 4 Tips to Manage Holiday Stress



Navigating the holidays without tobacco can be challenging, but not impossible! Make sure your Service members are prepared to fight the urge to use tobacco by sharing these four tips:

- 1. Treat your body well.** The holidays are often filled with busy schedules and obligations. Instead of turning to tobacco, give your body what it needs to manage holiday stress more easily. Sleep between 7-9 hours every day when possible, eat a well-balanced diet and stay hydrated.
- 2. Make time for you.** Overextending yourself can lead to stress. Stress can lead to tobacco cravings, and in some cases, relapse. Take time to relax and de-stress. Your mental well-being and a successful quit should take priority.
- 3. Take a step back.** The holidays can be merry, but they can also cause anxiety. If you are feeling frazzled or stressed, excuse yourself for a moment. Go on a walk or text a friend to clear your head so you can deal with concerns without turning to tobacco.
- 4. Share your accomplishments.** Celebrate how far you've come on your quitting tobacco journey with someone you love this holiday season. Your parents, siblings, friends or significant other will love hearing what you've already done and what tobacco free goals you set for 2019.

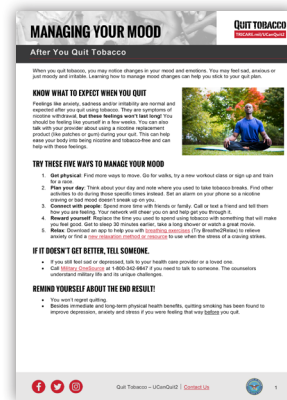
## THE LATEST IN TOBACCO



Every year, one of the most popular New Year's resolutions is to quit tobacco. If you know Service members who want to make 2019 the year they join the millions of people who have successfully quit, share the following resources with them today!

- ▶ **24/7 Quit Tobacco Live Chat:** Check out the yellow bar on the bottom-right of this website to speak with a coach to get information, techniques and encouragement that can help them quit tobacco.
- ▶ **Tobacco Cessation Resources Guide:** Find various tools like texting programs and websites for Service members who are considering quitting and those planning to quit.
- ▶ **Smokefree.gov:** Access interactive tools and tips, like daily challenges and smartphone apps, that can be tailored to personal quit goals.

## THE CAMPAIGN



Share the new **Tobacco and Mood Fact Sheet** that includes tips on how to manage feelings like anxiety and sadness during a quit – the results of quitting are worth it!



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[Share](#) how you use our resources to promote tobacco cessation.

