

# NEW YEAR, NEW YOU



Did your Service members make New Year's resolutions to quit tobacco in 2019? Help them quit and stay quit by sharing these four tips:

- 1. Remember why you quit in the first place.**  
 Keep your reasons for quitting in a note on your phone or in your wallet so that you can reference them when you get the urge to use tobacco.
- 2. Get moving and stay active.**  
 Exercise can reduce cravings, improve mood and increase confidence. Hit the gym with a buddy or try a new workout class to feel great and make your quit easier.
- 3. Avoid triggers.**  
 Certain habits or situations can trigger a tobacco craving. Write down what triggers you and plan ahead for those scenarios so that you are prepared to stay quit.
- 4. Take time to de-stress.**  
 When possible, practice breathing exercises, spend time outside or listen to your favorite song. Learning ways to de-stress without tobacco is key for maintaining a tobacco free lifestyle.

## THE LATEST IN TOBACCO



The New Year is here – let's make it tobacco free! Did you know that e-cigarettes are not approved by the FDA for use in quitting tobacco and can lead to long-term nicotine addiction? Help your Service members find the right [program and support](#) to help them quit all forms of tobacco in 2019.

## ONE LAST THING



The post-holiday blues can be a hard time for Service members, and they may be tempted to turn to tobacco. Instead, remind them that [lending a helping hand](#) is a great way to boost their mood and start the New Year off right!

## THE CAMPAIGN

Keep an eye out for the new campaign look and feel coming in the New Year! We're freshening things up, but our mission – to help U.S. Service members quit tobacco – remains the same. We look forward to sharing our new look with you.



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