

DECEMBER 2020

QUIT BRIEF



STAY QUIT THIS HOLIDAY SEASON!

Although the holidays are a time of celebration, they can also cause added stress, especially during the pandemic (think: family get-togethers, disrupted travel plans and changes in routines). If Service members are trying to stay quit from tobacco products this holiday season, remind them that although these stressors can be triggering, there are proven ways to fight the urge.

Share these tips to help Service members stick to their health goals and handle tobacco triggers to avoid relapse during the holidays:

- **Know your triggers.** Certain places, people, activities or even smells may trigger old tobacco habits. Create a list of [your triggers](#) so that if situations come up, you'll know to steer clear of them or be prepared to handle them.
- **Find ways to de-stress.** Once you recognize your triggers, choose a strategy that will help you de-stress during difficult moments. Consider strategies like focusing on something else, calling a buddy or [channeling your energy](#) into a workout or long walk.
- **Think about what motivates you.** It's normal to have a moment (or moments!) of weakness, but there are ways to fight tobacco cravings. During these times, remember your [reasons for quitting](#) or write down new reasons to keep moving forward.
- **Refer to your quit plan.** If you made a quit plan, remember that you can use it any time and any place – and you can update it as needed! If you haven't made one, it's never too late to create your own personalized [quit plan](#). Use this tool to face your triggers and other challenges like a champ!

The holidays may bring up stressful moments and make it more challenging for Service members to stay quit. Remind them that there are tools to power through, such as visiting [ycq2.org](#) for support and resources on [how to stay quit](#) during any difficult situation life may throw their way.

The Campaign



With the New Year around the corner, encourage Service members who use tobacco to make a New Year's resolution to quit. Set them up for success by sharing this [countdown to quit tool](#) so they can make a plan ahead of time. Remind them that the key to a successful quit is being prepared and 2021 may be the perfect time for a fresh start!

One Last Thing

During December's National Impaired Driving Prevention Month, make sure Service members understand the risks of driving while impaired by alcohol or other substances. Remind them about the dangers of using tobacco and drinking alcohol together. Since nicotine is a stimulant and alcohol is a depressant, using tobacco can make it harder to see and feel the effects of alcohol, which may lead to more drinking.

To help Service member stay safe, encourage them to make a plan to get home before they start drinking. Also let them know they can learn more about how to avoid alcohol misuse and risky drug use by visiting the [Own Your Limits](#) and [Too Much to Lose](#) campaigns.

YOU CAN QUIT²

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