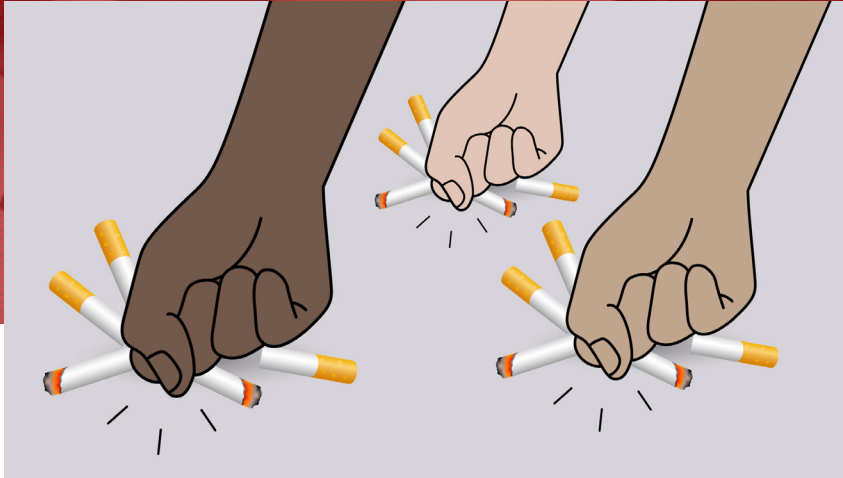


NOVEMBER 2020

# QUIT BRIEF



## QUITTING TOBACCO: SEPARATE, BUT NEVER ALONE

**N**ovember is Tobacco Cessation Month! While deployment or recent pandemic restrictions may physically separate Service members, remind them that they are never alone, especially when it comes to quitting tobacco.

November 19 is the Great American Smokeout (GASO) – a day where thousands of people across the country commit to quitting tobacco. Use the YouCanQuit2 [GASO Guide](#) for ideas to complement existing tobacco cessation efforts at your installation. Also, share these tips with Service members to help them tackle the first steps on their quit journey:

- **Pick a date that's right for you.** Join thousands of people across the country on November 19 to quit tobacco as part of the [Great American Smokeout](#). Or choose another day that works better to set yourself up for success.
- **Plan ahead to ease challenges.** Quitting tobacco can be hard. Make it a little easier by creating a list of expected challenges so that you can [handle stressors](#) and [identify triggers](#) when the quit gets tough.
- **Keep your goal top of mind.** Throughout the quit process it's important to focus on your motivators. Remember [your reasons for quitting](#) (like for loved ones or improving your health) to get through difficult moments.
- **Ask for help.** A strong support system is key during your quit journey. Reach out to loved ones for help or team up with a buddy to crush your tobacco free goals together. Also check out these [resources to help you quit no matter where you are](#).

Quitting tobacco isn't easy, but it can feel better knowing that support is there for you. If Service members are thinking about quitting, remind them that people across the country are quitting tobacco on November 19 and they can too.

### The Campaign



With the holidays right around the corner and many gyms still closed, Service members might be worried about maintaining their weight while quitting tobacco. It's true, some people gain a few pounds when they quit tobacco, but Service members can fight weight gain during their quit with [these tips](#). Remind them that the benefits of quitting tobacco outweigh any extra pounds they may gain while quitting.

### One Last Thing

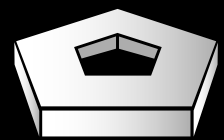
November is [Warrior Care Month](#). Service members who are wounded, ill or injured may use tobacco to ease stress or take their mind off the pain, but tobacco use can delay recovery. Remind them that there are healthier ways to support recovery and rehabilitation than turning to tobacco. You can also share these [Service-level programs](#) for more information.

**YOU CAN QUIT<sup>2</sup>**

ycq2.org

Share how you use our resources to promote tobacco cessation on your installation.

[Contact Us](#) | [Email to Unsubscribe](#)



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