



TODAY IS THE DAY TO QUIT TOBACCO

The month of November is a great time to promote tobacco cessation as we observe Lung Cancer Awareness Month and the Great American Smokeout (GASO). November 18 is GASO, an annual event hosted by the American Cancer Society where people across the country quit tobacco together. To support your tobacco cessation efforts, YouCanQuit2 has a [GASO Guide](#) with resources and ready-to-use messaging. Help Service members prepare to quit by sharing the following tips and resources:

- **You are not alone.** Quitting tobacco may be challenging, but remember [you are not alone](#). [The Great American Smokeout on November 18](#) is a great day to quit as thousands of people take that step with you. If you're [considering quitting](#), use these tips to decide if now is the right time for you.
- **Set yourself up for success.** If you decide now is a good time to quit tobacco, the [YouCanQuit2 Quit Plan](#) helps you prepare step-by-step and gives you tips and encouragement throughout your journey.
- **Speak up and ask for support.** Asking your loved ones or buddies for their support and encouragement is a sign of strength and will increase your chances of quitting and staying quit. Share the [Help Your Hero Quit resources](#) with your supporters to help you on your quit journey.
- **Take it one day at a time.** Quitting is no easy task, but there are resources to support you every step of the way. If you have questions or need encouragement, YouCanQuit2 offers a [24/7 Live Chat](#) with coaches who can support you no matter where you are. You got this!
- **Remember your reasons for quitting.** When things get tough, take a moment to [remember why you chose to quit](#) tobacco. Maybe it's to improve your health or for your loved ones. Reflecting on your 'why' is a good way to stay motivated.

If Service members are thinking about quitting, remind them that November 18 is a good day to start. We are here to support Service members on this quit tobacco journey!

NOVEMBER 2021

QUIT BRIEF

QUIT RESOURCES

Let Service members know about these online interactive tools so they can make their future tobacco free.



THE CAMPAIGN



Do Service members have questions about vaping? This [harms of vaping video](#) explains everything they need to know - including what different types of vaping devices look like, how vaping is not a proven cessation technique and how it can negatively affect their health.

ONE LAST THING

November 3 is National Stress Awareness Day. If Service members are preparing to quit or already started their quit journey, help them [manage stress](#) without turning to tobacco. Stress is common when quitting, but Service members can get through it and kick tobacco in the butt!

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