

JANUARY 2020

# QUIT BRIEF



WHAT'S YOUR STORY?

## CALLING ALL PROFESSIONALS AND SERVICE MEMBERS!

**A**s we ring in the new year, YouCanQuit2 wants to celebrate you and your Service members' hard work in support of tobacco cessation. That's why we're asking two questions:

### 1. How can YouCanQuit2 continue supporting tobacco prevention, education and cessation efforts on your installation?

Share feedback with YouCanQuit2 on things like (but not limited to):

- What resources do you and Service members find helpful?
- What additional resources or topics would you like to see covered?
- How do you use YouCanQuit2 resources on your installation?

### 2. What quit stories do Service members have to share?

We'd love to hear real stories about Service member's journeys to quit tobacco. These stories may include (but are not limited to):

- Reasons why they quit tobacco
- Benefits they saw from quitting
- Tips they used to successfully quit

Please encourage Service members to share their stories by sending YouCanQuit2 an [email](#) with the subject line, "My Quit Tobacco Story" or via direct message on the YouCanQuit2 social media channels: [Facebook](#), [Twitter](#) or [Instagram](#)!

The stories may be used in future articles or on social media to help other Service members quit tobacco. We'll reach out to individuals before using their submissions. We can't wait to hear your feedback and success stories!

## The Campaign



**Are Service members who use tobacco struggling to get good sleep?**

Make sure they know that good [sleep is better without nicotine](#). Sleep can protect Service members from things like weight gain and psychological health concerns. Share the new YCQ2 article with tips on how to make good sleep a reality!

## One Last Thing



**The new official DoD responsible drinking campaign is here!**

Do you encourage Service members to drink responsibly too? Check out new resources and information to help Service members own their limits, if they choose to drink alcohol. [Subscribe](#) to the Own Your Limits *Buzz on Responsible Drinking* e-Newsletter and encourage Service members to visit [ownyourlimits.org](#) to learn more.

**YOU  
CAN QUIT2**

[ycq2.org](#)

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

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

