

SEPTEMBER 2019

QUIT BRIEF



The Latest In Tobacco

A [new, preliminary study](#) reports that daily smokers who start using e-cigs are smoking fewer cigarettes and making more quit attempts. However, former smokers that switch to e-cigs are relapsing (starting to use tobacco regularly after a quit) more. Remind Service members that e-cigs are not a proven method for quitting tobacco and encourage them to use a combination of techniques like counseling and [medications](#) instead.



The Campaign

24/7 Quit Tobacco Live Chat:

Refer Service members to [our 24/7 live chat feature](#). Our coaches can answer their questions and provide support that Service members need to quit tobacco.

Bulk Order Materials:

[Order our print and promotional products](#) to support your local tobacco cessation efforts.

6 TIPS TO DITCH TOBACCO AT WORK

Service member's jobs can be stressful and exhausting, so a tobacco break might seem like the only way to take a minute for themselves. If Service members want to quit tobacco and their work environment makes it hard, let them know that with the right tools - quitting is possible. Share these tips and resources to help them quit tobacco at work today.

1. **Ditch tobacco together.** Find a buddy that wants to quit with you or who doesn't use tobacco that you can take breaks with. You lean on each other like family, why should this be any different?
2. **Grab a healthy snack.** Make sure you have some good quality fuel available (think: apple or sunflower seeds) when you have a craving or make a healthy choice from the vending machine or snack bar.
3. **Take a deep breath.** There's a reason everyone's talking about [deep breathing](#). If your duty location allows it, take 5 minutes to practice [meditation and mindfulness](#).
4. **Keep those hands busy!** If you feel stress or a craving coming on, keep a stress ball or straw the size of your old cigarette within reach.
5. **Be kind to yourself.** Quitting for good starts with positive self-talk. Remind yourself that choosing to quit is one of the hardest parts. Keep the [reasons you quit](#) in mind (or literally in your pocket) to stay motivated.
6. **Go on a quick walk.** If your work environment allows it, take a walk during your lunch break. Your mental and physical health are both important during a quit and a walk can satisfy both!

Encourage Service members to go one step further and revamp their whole routine with [fun, healthy alternatives](#) that they don't usually have time for! No matter their past decisions, they can choose the future. Let September be the month they get freedom back from tobacco.

YOU CAN QUIT 2

ycq2.org

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

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

