

NEW YEAR, NEW YOU



Did your Service members make New Year's resolutions to quit tobacco in 2019? Help them quit and stay quit by sharing these four tips:

- 1. Remember why you quit in the first place.**
 Keep your reasons for quitting in a note on your phone or in your wallet so that you can reference them when you get the urge to use tobacco.
- 2. Get moving and stay active.**
 Exercise can reduce cravings, improve mood and increase confidence. Hit the gym with a buddy or try a new workout class to feel great and make your quit easier.
- 3. Avoid triggers.**
 Certain habits or situations can trigger a tobacco craving. Write down what triggers you and plan ahead for those scenarios so that you are prepared to stay quit.
- 4. Take time to de-stress.**
 When possible, practice breathing exercises, spend time outside or listen to your favorite song. Learning ways to de-stress without tobacco is key for maintaining a tobacco free lifestyle.

THE LATEST IN TOBACCO



The New Year is here – let's make it tobacco free! Did you know that e-cigarettes are not approved by the FDA for use in quitting tobacco and can lead to long-term nicotine addiction? Help your Service members find the right [program and support](#) to help them quit all forms of tobacco in 2019.

ONE LAST THING



The post-holiday blues can be a hard time for Service members, and they may be tempted to turn to tobacco. Instead, remind them that [lending a helping hand](#) is a great way to boost their mood and start the New Year off right!

THE CAMPAIGN

Keep an eye out for the new campaign look and feel coming in the New Year! We're freshening things up, but our mission – to help U.S. Service members quit tobacco – remains the same. We look forward to sharing our new look with you.



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