

JANUARY 2021

QUIT BRIEF



PREPARE FOR A SUCCESSFUL NEW YEAR

The New Year is a time to start fresh, especially when it comes to tobacco. Whether Service members want to quit or stay quit, they can start 2021 on the right foot by reflecting on their past year and thinking ahead. Have Service members ask themselves the following questions to help identify their 2021 tobacco free goals:

- **What's worked (or not worked) so far during my attempt to quit or stay quit?** Think about what quit tactics and [motivators](#) have worked so far (like using [text message programs](#) or crushing quit goals with a buddy) and what may not have worked. Write down what works and what hasn't so that you know which strategies to use in the future.
- **What are healthy behaviors I can do to complement my quit efforts?** On top of living tobacco free, adding new healthy activities to your routine can help motivate you to quit or stay quit. Jot down a few ways to switch things up, like reading before bed or trying a new workout.
- **Are my goals realistic?** A lot has changed this past year (think: new routines, how you socialize or new [triggers](#)). Keeping track of those changes will help you set realistic goals for yourself. [Make a quit plan](#) or revisit your plan so that it's up to date for 2021.
- **How can I celebrate my tobacco free milestones?** It's important to reward yourself along the way. Whether it's not taking a smoke break at the designated tobacco use area or starting your day with water instead of an e-cig, plan to write down your achievements so you remember them later and share the news with a buddy. No matter how big or small, marking a success is important!

Quitting and staying quit is challenging, but Service members can put their quit goals into action by using these questions as a guide to shape their 2021 goals. Also, encourage them to check out other [programs and tools](#) to live tobacco free and prepare for a successful New Year.

The Campaign



Interested in learning how COVID-19 can affect current and former smokers? It's important to know what COVID-19 symptoms to look out for and what safety guidelines to follow. Share this [smoking and COVID-19](#) article with Service members so they can protect their health during these uncertain times.

The Latest In Tobacco

Cigarette smoking is the leading cause of preventable disease and death in the U.S. Did you know that Service members and Veterans are more likely to use tobacco products than civilians? Now is the time to help. Use the Centers for Disease Control and Prevention's new [Tips From Former Smokers® Military Service Members and Veterans Media Outreach Kit](#) to support your local efforts and help Service members, Veterans and their families live tobacco free. The kit includes video clips and social media content for your use.