



Tobacco Free Holidays: Techniques to Support Tobacco Cessation

The holidays are often a time of family, friends, and celebration, which also means shopping, parties, and resolutions. So it's no surprise that the holiday season can also be a time of stress, making it difficult to quit tobacco or to stay tobacco free. Try these tips for navigating stress and staying tobacco free during the holidays.

- **Stress.** Make a list of stress relievers and keep it close by for when you're feeling overwhelmed by holiday activities. If you need to relax, try using one of your favorite stress busters, or try exercising, doing a puzzle, or meditation instead of taking a tobacco break. You can also utilize the Navy and Marine Corps Public Health Center's [Relax Relax Toolkit](#) for relaxation techniques and music.
- **Meals.** After a meal you may want to reach for a cigarette or other tobacco product. Keep sugar-free gum or mints in your pocket, brush your teeth, talk with someone, or go for a walk to avoid reaching for tobacco after eating. Check out these [25 other things you can do besides use tobacco](#).
- **Alcohol.** If you find that drinking alcohol makes you want to use tobacco, consider cutting back or not drinking alcoholic beverages while you're quitting. Try a different celebratory beverage, like a glass of sparkling cider, for the midnight toast. Check out [more tips for handling triggers](#) such as alcohol.
- **Money.** Keep a jar in your house and fill it up with the money you aren't spending on tobacco. Pretty soon you'll have enough to buy a holiday gift for a loved one (or yourself). Use a clear container so you can see your savings adding up. You can also check out this [savings info and online calculator](#) for other ideas.
- **Support.** Let your family and friends know that you have quit or are in the process of quitting. If any of them use tobacco, ask them to do so outside or in a separate area, and request they not invite you to join. Here are [12 tips to get support as you quit](#).

During this hectic time of year, it can be hard to stay focused on your tobacco free living goal. Stay motivated by reminding yourself of your reasons for quitting. Whether it's for your health, a New Year's resolution, or a way to increase your holiday gift budget, always keeping your reasons in mind can help you stay on track.

For additional resources and information, visit <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>.