



Tips To Be Tobacco Free

- **FIND YOUR REASONS TO QUIT.** Everyone quits for a different reason- health, money, fitness, and career are just a few. You may have support to quit or even peer pressure to continue using tobacco, so the decision should come from you!
- **LEARN FROM THE PAST.** If you have tried to quit before and suffered a setback, think about what happened and use the experience during this quit. Be prepared! Stay motivated! Every quit attempt is a step towards becoming tobacco free.
- **SELECT A METHOD THAT FITS YOU.** Going cold turkey, cutting back, using medication, counseling, an online program, or a mobile app. Use what works best for you.
- **SET A QUIT DATE.** Plan a time. Choose a day in the next few weeks and commit. Circle that date on your calendar or put it in your phone. Plan to be tobacco free.
- **SUPPORT.** Inform your family and friends of your quit date. Ask for their support and remind friends not to ask you out to the tobacco deck or to offer tobacco. Ask former tobacco users you know what helped them quit.
- **RECOGNIZE YOUR TRIGGERS.** Which triggers will be easy to address, and which triggers will be difficult? For example: when you wake up, after eating, or when you're out with your friends? Plan in advance how you will handle these without using tobacco.
- **SLIPS.** Slips don't make you a tobacco user again. If you slip up, remember it is never too early or too late to try again. Think about what happened and adjust your plan. You can get yourself back on track.
- **MOTIVATION.** Write down your reasons for quitting. Read it several times during the day, especially when you have cravings. Keep written reasons where your pack or can used to be. Instead of grabbing the tobacco products, you'll grab a handful of reasons to quit!
- **QUIT WITH SOMEONE.** Everything is better when you do it together! Spouses, friends, co-workers, or maybe a group may want to give it a try. You can take breaks, walk and talk with the same people, and quit together.
- **MAKE A QUIT BAG.** Prep a survival bag with items to help you. Some common things to include are toothpicks, cinnamon sticks, sugarless hard candy and gum, or stress balls, pens, and rubber bands to keep your hands busy.
- **RESIST CRAVINGS.** When a craving strikes, try to distract yourself. The four D's can help: Deep breaths, Drink water, Do something else, and Delay.



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- **AVOID UNHEALTHY REPLACEMENTS.** Replacing tobacco with alcohol, high calorie drinks, candy, unhealthy foods, or desserts can lead to other problems. Your metabolism changes when you quit smoking. If you replace one habit with another, make a healthy choice.
- **INCREASE EXERCISE.** Exercising will help you stay in shape, feel better, rid your body of toxins, and keep your weight in check.

WANT ADDITIONAL HELP?

- Check out the following websites:
 - The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department's Tobacco Free Living campaign:
<http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/tobacco-free-living.aspx>
 - DoD's Quit Tobacco – UCanQuit2 campaign:
<https://www.tricare.mil/HealthWellness/Tobacco/UCanQuit2>
 - The Department of Health and Human Services' BeTobaccoFree.gov:
<http://betobaccofree.hhs.gov/>
- Call one of the following programs:
 - National routing number to reach your state's quitline: 1-800-QUIT-NOW (1-800-784-8669)
 - [Freedom Quitline](#) (for TRICARE beneficiaries): 1-844-I-AM-FREE (1-844-426-3733)
- Explore programs for quitting including texting, phone, mobile apps and websites. Find the right one for you on this DoD Quit Tobacco – UCanQuit2 resource:
 - <https://tricare.mil/-/media/Files/Quit-Tobacco/Tobacco-Cessation-Resources.pdf?la=en&hash=315E2091933E3ED9EA1E92D3831D1E0E4AF4FCODEEFCBD52C9871E8CB807657E>