

N SMOKE FREE SIGNALS NEWSLETTER

This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

Friday, March 17, 2023



MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our March biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

HIGHLIGHTS

2

Are You Ready to Quit Nicotine?

3

Upcoming Events

4

OPPORTUNITIES

5

FREE Resources

Are You Ready to Quit Nicotine?

STEP 1: Set A Quit Date

The important first step is to decide on the day you want to quit. You want to aim for success and remember to choose a date that will not be stressful. Also, finding support from family and friends will make quitting easier.

STEP 2: Calculate Your Savings

How much do you spend on a pack of cigarettes per week? Finding out how much you spend on cigarettes and other nicotine products can tell you how much you will save by quitting.

STEP 3: Think About Your Reasons For Quitting

Quitting can be challenging, but knowing why you want to quit can help you stay motivated and on track. These can include a new addition to the family, doctor recommendation, or even to live longer.

STEP 4: Know Your Triggers

Think about the things that make you more likely to smoke. These triggers can be caused by emotional, social, and even everyday things like waking up in the morning or finishing a meal. It's important to know when you are stressed or even just bored.

STEP 5: Fight Your Cravings

Everyone's quitting journey is different. Some people may experience minor to major urges to smoke and some may experience setbacks. The best option to fight cravings is to change what you are doing or your location until the urge passes. Remember, everyone is different. Try to experiment and see what works best for you.

STEP 6: Set Yourself Up For Success

Choosing the strategies and tools to help you quit will increase the likelihood of quitting successfully. Including additional support in your quit plan will keep you on track and boost the chances of remaining smoke-free. [CLICK HERE](#) for additional tips.

Social Situations

- Being offered a cigarette
- Drinking alcohol or going to a bar
- Going to a party or other social event
- Being around others who smoke or use another tobacco product
- Seeing someone else smoke
- Smelling cigarette smoke

Everyday Situations

- Being on my phone
- Down time or in between activities
- Drinking coffee
- Finishing a meal
- Seeing cigarettes on TV or in movies
- Waiting for the bus or a ride
- Walking or driving
- Watching TV or playing video games
- Working or studying

To establish a personal quit plan, visit:

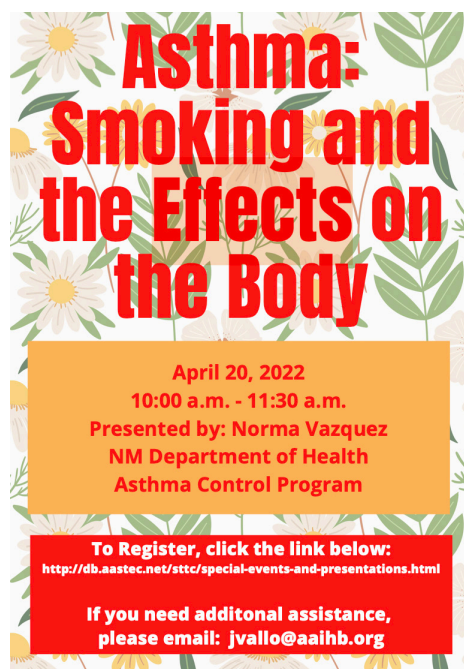
<https://smokefree.gov/build-your-quit-plan#quit-plan-section-4>

Upcoming Events

Take Down Tobacco: National Day of Action Friday, March 31, 2023



Join the Campaign for Tobacco-Free Kids and youth advocates around the country for the National Day of Action! On March 31, advocates will stand up and speak out against the commercial tobacco industry. Advocates will be hosting awareness events, sharing facts on social media to expose the commercial tobacco industry, and other initiatives to take down the industry. [CLICK HERE](#) to join the movement.



Tobacco Virtual Presentation Asthma: Smoking and the Effects on the Body Thursday, April 20, 2022 @ 10:00 AM – 11:30 AM (MT)

Join Norma Vazquez and the New Mexico Department of Health Asthma Control Program for their upcoming asthma presentation! The virtual presentation will include topics on asthma, the impact of smoking on the lungs and body and much more. [CLICK HERE](#) to register.

OPPORTUNITIES

TQA Pride: Youth + Educator Summit

Saturday, April 22, 2023



Join the GLSEN Albuquerque Chapter of New Mexico for the TQA (Trans, Queer, Ally) Pride: Youth & Educator LGBTQ+ Summit this summer! GLSEN provides resources and education tools to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. This FREE and engaging event will include numerous workshops, keynote, and food! [CLICK HERE](#) to register.

NIHB National Tribal Health Conference

Monday - Friday, May 1 – 5, 2023



Join the [National Indian Health Board](#) for the 2023 National Tribal Health Conference in Anchorage, AK. The one week-long conference will showcase the interconnectedness of policy, advocacy, and Indian health and wellness best practices. In addition, the conference will offer educational workshops, hands-on trainings, focus areas with youth, elders, and veterans' advocacy, and a cultural night. [CLICK HERE](#) to register and for more information.

FREE Resources

FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [**SmokeFreeSignals@gmail.com**](mailto:SmokeFreeSignals@gmail.com)



This is a
Smoke-Free and
Vape-Free Vehicle



This is a
Smoke-Free and
Vape-Free Home

Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email SmokeFreeSignals@gmail.com.

To watch Smoke Free Signals' Education Video visit:
<https://www.smokefreesignals.com/education-videos>

FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook **@Smoke Free Signals!**

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email JConcho@keresnm.com to be removed from the listserv directory.

Smoke Free Signals | 505-837-2104 | www.SmokeFreeSignals.com