

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, October 15, 2021



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 October 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 **Fight Cravings with Physical Movement**

3 **Webinar Announcement:
Exploring New Trends in Tobacco
Policy and use in Indian Country**

4 **FREE RESOURCES!**

Fight Cravings with Physical Movement

A common symptom of nicotine withdrawal is craving a cigarette. If you quit smoking or vaping, there are chances that you might have a craving for nicotine. It's important that you have the resources and tools to manage your daily cravings. One of the best methods is to exercise. **Studies have shown that short periods of physical activity can reduce the urge to smoke and vape.** Exercise, such as aerobics, dancing, or cycling can strengthen your heart and lungs. Also, exercise can help you cope with stress and improve your mood. When you have a craving, try to get moving.

Tips to Get Physical:

- ◇ Set a regular time for exercise.
- ◇ Try doing some physical activity for 30 minutes a day. If you have a busy schedule, try exercising for 10 minutes three times a day.
- ◇ Try doing something you enjoy! This can include walking, biking, swimming, dancing, garden work, cleaning and much more!
- ◇ Incorporate exercise into your daily routines, such as parking your car further and walking to your work or home. Cleaning out your closet or storage will work too!
- ◇ Plan an activity with your family, friends, or co-workers! This can include a luncheon, taking a hike, or even playing a friendly game of tag!
- ◇ To prevent boredom, try switching up your exercise routine and try a new activity. If you finish cleaning your house, try taking a walk after your lunch.
- ◇ Depending on the season, yard work is always good exercise as well!

For more information visit:

<https://smokefree.gov/challenges-when-quitting/cravings-triggers/fight-cravings-exercise>

SAVE THE DATE | WEBINAR

EXPLORING NEW TRENDS IN TOBACCO POLICY AND USE IN INDIAN COUNTRY

October 20, 2021

11 a.m. AKDT, 12 p.m. PDT, 1 p.m. MDT, 2 p.m. CDT, 3 p.m. EDT

<https://tinyurl.com/NewTobaccoPolicyTrends>

The webinar will consist of examining current AI/AN commercial tobacco use rates and new data reflecting tribal casino smoking preferences, building coalitions and engaging with both Tribal communities and leaders to influence commercial tobacco public health policy, and implementing effective community smokefree policies that reduce the health risks associated with commercial tobacco exposure (or use). Click [here](#) to register and learn more.

Community Health Leadership Program

DEADLINE TO APPLY: October 31, 2021

Smoke Free Signals extended the application period for its annual Community Health Leadership Program. Earn \$2,500 to support secondhand smoke protections and education in your community. This unique program has flexible time requirements, and very minimal reporting. We want to make it easy for you to focus on the important work at hand – not on paperwork! Click [here](#) to apply and learn more.

Basic Tobacco Intervention Skills Certification for Native Communities VIRTUAL Training

Tuesday, November 30 - Thursday, December 2, 2021 from 1:30 PM - 4:00 PM (MT)

This Tobacco Intervention training is culturally tailored to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase the rates of successful interventions resulting in the cessation of commercial tobacco use. Click [here](#) to register and learn more.

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



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>

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