

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, January 7, 2022



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 January 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 Tips to Remain Smokefree and Vapefree this New Year

3 1-800-QUIT NOW

4 **FREE RESOURCES!**

HAPPY NEW YEAR!

Smoke Free Signals would like to thank you for your partnership, kindness and support this past year. We hope to continue our collaboration, and bring you the latest on commercial tobacco prevention this new year!

Tips to Remain Smokefree and Vapefree this New Year

Seek Help

- ◇ Speak with your doctor about quitting smoking. They can provide resources about quitting and tools to establish a quit plan. You can also seek help by calling the New Mexico Quitline from the comfort of your own home at 1-800-QUIT NOW. Seeking help is a key step to your quitting journey. [CLICK HERE](#) for more information.

Relax

- ◇ Nicotine cravings might occur during your quitting journey, which can lead to stress. Try doing some deep-breathing exercises, muscle relaxation, yoga, or get a massage to relieve your stress.

Be Specific

- ◇ Establish clear goals and set milestones in your household to prevent setbacks. For example, after week of successfully quitting smoking allow yourself a treat or binge your favorite movie.

Find Support

- ◇ Communicate with your family and friends that you are quitting smoking and would like their support. You'll be surprised how much your loved ones care about you and want you to see you succeed.

Handle Cravings

- ◇ It's important that you distract yourself in times of stress. Don't rely on smoking to cope with stress. Try cleaning your home, doing your favorite hobby, or even talking to a friend on the phone.

Research the Benefits of Quitting

- ◇ The Centers for Disease Control and Prevention offers great resources and information for quitting. [CLICK HERE](#) to learn more about the benefits of quitting.

Exercise

- ◇ Once your journey begins for a smokefree and vapefree life, exercise is key for improving your health. Exercise can also distract cravings and urges to smoke. Try going for a walk or do some light exercise. Heavy exercise might be difficult if you recently quit.

For more information about the benefits of quitting smoking, visit:
https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm#health-benefits-of-quitting-smoking

Call 1-800-QUIT NOW

FREE Help Quitting
**All Tobacco and Vaping
Products.**



FREE Support Includes:

- ◇ 24/7 support
- ◇ Personal Quit Plan
- ◇ Self-help materials
- ◇ Unlimited sessions with a trained Quit Coach
- ◇ Gum, patches, or lozenges, while supplies last
- ◇ Shipping mailed directly to the registered participant
- ◇ Specialized services for youth and also for pregnant women

A Quit Coach Will Work With You To:

- ◇ Quit at your own pace
- ◇ Conquer your urges to smoke
- ◇ Use quit medications so they really work
- ◇ Not just quit, become a nonsmoker
- ◇ Utilize a program based on 25 years of research

For more information visit:

<https://www.quitnownm.com>

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

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>

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