

# 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, November 25, 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 November 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

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**Tips to Stay Nicotine-Free  
During the Winter Holidays**

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**Truth Initiative:  
TAKE ACTION**

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**Upcoming Opportunities**

## Tips to Stay Nicotine-Free During the Winter Holidays

As the winter celebrations begin to arrive, it's essential to discover different methods to remain commercial tobacco-free. For some people, the holidays can be stressful and can be tempting to use a nicotine product. As friends and family gather, use some of the tips below to remain commercial tobacco-free and have a positive mind during the holidays.

### Tips For A Nicotine-Free Holiday Season:

- ◇ **Host the Celebration:** By staying busy with planning, cooking, and preparing the guestlist, it can limit the urge to smoke.
- ◇ **Plan Ahead:** Do not overwork yourself. It's best to know your limitations and do your best to limit your temptations.
- ◇ **Stay Alcohol-Free:** Whether it's social drinking or dinner beverage, it's best to stay away from alcohol during the holidays. Drinking can lead to the urge to smoke.
- ◇ **Feeling Overwhelmed:** When you feel overwhelmed, take a moment and breathe. This might be a signal to try something different, like going for walk, learning a new recipe, calling an old friend, or playing with your pet.
- ◇ **Coping with Frustration:** If plans do not go as expected, try to have a backup plan or find some thing to do to distract you from overthinking. Try calling a friend or family member to discuss the situation and brainstorm together for another idea or event.
- ◇ **It's Time for Celebration:** It's always good to reward yourself and celebrate! Buy something for yourself and call it a reward!
- ◇ **Call [1-800-QUIT NOW](https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/quitting-smoking-help-for-cravings-and-tough-situations.html) (1-800-784-8699):** Asking for support is always beneficial.

Quitting is not easy and does not happen in one day. Quitting is a journey with many temptations. When you are ready to start again, throw away your commercial tobacco products and start again.

For more information visit:

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/quitting-smoking-help-for-cravings-and-tough-situations.html>

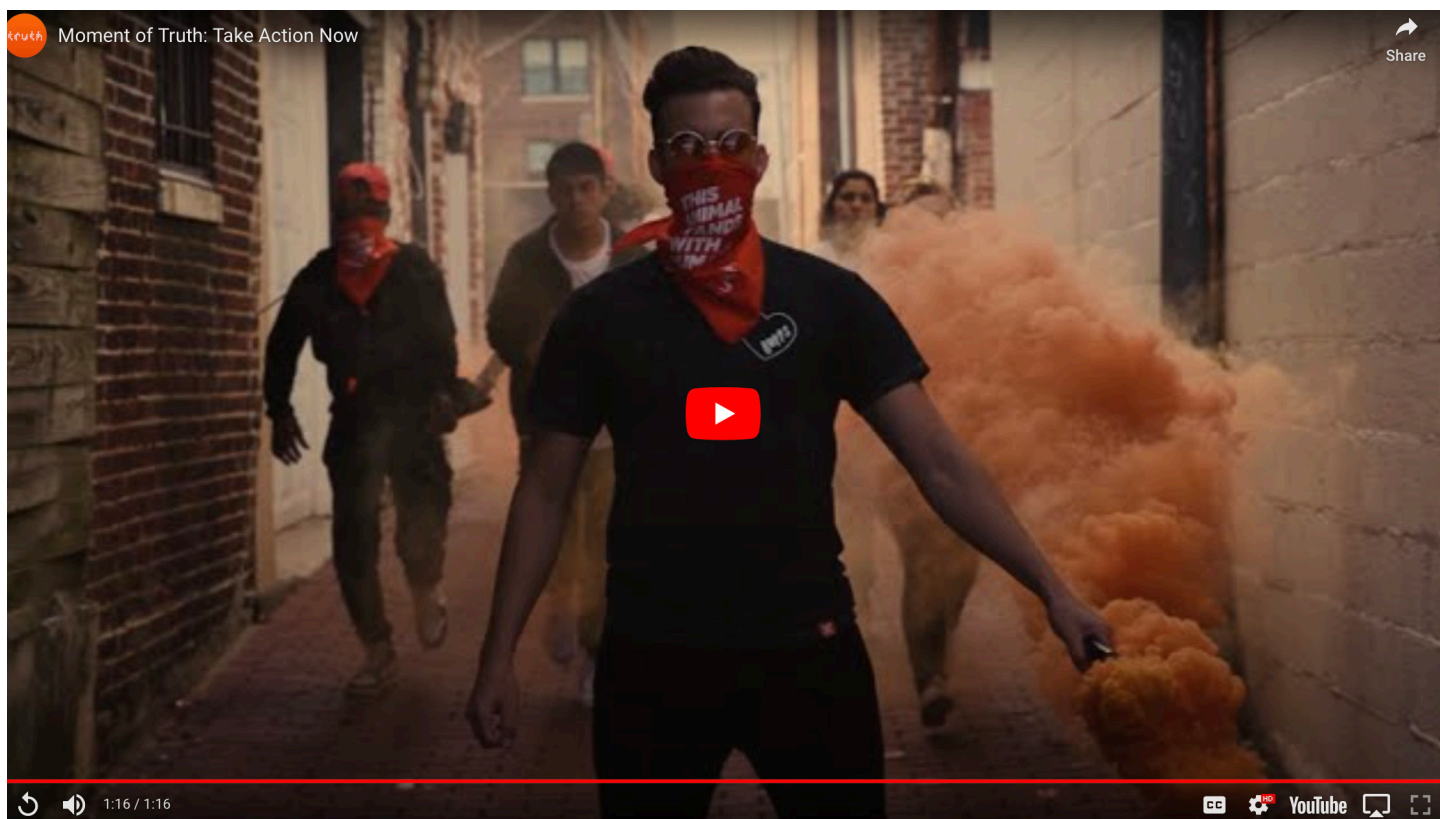
# Truth Initiative: TAKE ACTION

FACT

**BIG TOBACCO DISPROPORTIONATELY  
TARGETED THE LGBTQ COMMUNITY. THEY  
EVEN USED “PRIDE” IN THEIR  
ADVERTISEMENTS.**

182 😡 Reactions

Take action and join [Truth Initiative](#) and enlist in their movement, explore youth activism programs, and learn about quitting resources. By joining the movement, participants and young adults have the opportunity to join the generation to end smoking! [CLICK HERE](#) for more information and to take action!



For more information visit:  
<https://www.thetruth.com/take-action>

Smoke Free Signals | 505-837-2104 | [www.SmokeFreeSignals.com](http://www.SmokeFreeSignals.com)

# Upcoming Opportunities

## **American Lung Association: Traditional vs. Commercial Tobacco from a Native Lens**

**Tuesday, November 29, 2022 @ 2:00 - 3:00 CST**



Join American Lung Association and the Wisconsin Native American Tobacco Network for their upcoming webinar on Tuesday, November 29, 2022! The webinar will include an informative discussion on the difference between traditional and commercial tobacco and the importance of tailoring commercial tobacco use prevention activities and language. [CLICK HERE](#) to register. This webcast will also be available as a recording if you are unable to join live on November 29th.

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## **NNN Basic Tobacco Intervention Skills Certification for Native Communities**

**Wednesday - Thursday, December 7 -8, 2022**



Join the National Native Network and the Michigan Department of Health and Human Services for an in-person opportunity to participate in the University of Arizona, Basic Tobacco Intervention Skills Course for Native Communities. The intervention course will include a brief introduction of the use of nicotine products used in tribal communities, culturally responsive treatment strategies to intervene, and course completion health resources. [CLICK HERE](#) for more information and to register.

# 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](mailto: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](mailto:JConcho@keresnm.com) to be removed from the listserv directory.

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