

## Mission Cessation: Health Benefits of Quitting Tobacco

As a Warfighter, you've come up against tough missions and life situations. Yet, breaking free of tobacco may be one of the toughest challenges you've faced or may face. The powerful forces of nicotine are highly addictive which makes quitting, or the thought of it, seem so hard to do. Taking the time to prepare, plan and practice why, how and when you will quit will help you accomplish your goal of getting, and staying tobacco free.



*U.S. Navy Photo Illustration by Jonathan Donnelly, Warfighter Wellness*

### Find Your Motivation<sup>1</sup>

In addition to improving your health, you may have some personal reasons for quitting that are unique to you. Finding your special reasons to quit is critical to your success. Ask yourself questions like: How does using tobacco affect me? How does it affect those around me? Then try writing down your reasons to help you stay motivated.

### Plan Your Way to Success<sup>2,3</sup>

Habits and routines associated with your tobacco use may also lead to triggers tempting you to smoke again. Creating a quit plan will help you cope when those urges strike. Pick a good date to quit, then follow each step of your plan to guide you through and improve your chances of staying tobacco-free. See the next page for quit plans and more resources to help you start.

### Practice Makes Progress<sup>4</sup>

Not quite ready to quit? That's okay. You don't have to set a firm date yet. Try out a program that helps you practice quitting before you take the next step. Practicing will help get you used to the idea of quitting and boost your confidence. The Practice Programs from SmokeFree.gov even have daily text challenges to help you manage cravings and understand triggers.

Once you're ready to quit, you'll need all the support you can get to help ensure you're successful. Talk with your health care provider to learn about options for quitting, as well as counseling, support resources, and the use of FDA-approved medications. Speak with the Health Promotion Wellness team. We provide individual and group counseling to help with quitting.



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## Check Out Some Additional Resources to Help You Become Tobacco Free!

- Call your state Quitline at 1-800-Quit Now and speak with a coach/counselor.
- Use available web-based programs:  
Smokefree.gov: <https://smokefree.gov/>  
CDC: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>  
Become an Ex: <https://www.becomeanex.org/>
- Sign up for a free texting program:  
SmokefreeTXT, DipfreeTXT or SmokefreeMOM  
<https://smokefree.gov/tools-tips/text-programs>
- Download an app:  
QuitSTART: <https://smokefree.gov/tools-tips/apps/quitstart>  
QuitGuide: <https://smokefree.gov/tools-tips/apps/quitguide>  
Smokefree: <https://teen.smokefree.gov/quit-vaping>  
This is Quitting: <https://truthinitiative.org/thisisquitting>

## References

1. YouCanQuit2: Thinking About Quitting?  
<https://www.ycq2.org/how-to-quit-tobacco/thinking-about-quitting/considering-quitting>
2. Building A Quit Plan  
<https://smokefree.gov/learn-about-quit-plans>
3. YouCanQuit2: Making A Quit Plan  
[Making a Quit Plan - You Can Quit 2 \(ycq2.org\)](https://www.ycq2.org/making-a-quit-plan)
4. Practice Quitting Programs  
<https://smokefree.gov/tools-tips/text-programs/practice-quitting>