



**Ways to Manage Stress and Try
to Stay Smoke/Vape-Free This
Holiday Season** 

Take a break when things get overwhelming. Slowing down, for even just a few minutes, may help reboot your mind and refresh your body.

It's OK to say "no." You can't be everywhere. Know that it's OK to say "no" if something is outside of your bandwidth.

Keep your health goals in mind. Try to get as much sleep as possible and continue to move, even if it's just a quick workout or walk.



Don't leave home without your nicotine replacement. It's important to have a plan for cigarette/vape cravings.

Remember to wear your nicotine patch and/or take nicotine gum/lozenges in your purse or pocket.

When you feel the urge to smoke, you'll have a solution on hand.



Center for Community Health & Prevention

