

# QUITTING TOBACCO IS HARD BUT YOU CAN HELP!

YOU  
CAN **QUIT**2

## IS YOUR FRIEND, SIGNIFICANT OTHER OR BATTLE BUDDY QUITTING TOBACCO?

It often takes people five or more tries before they quit for good. The good news is you can help by following these tips:

### DO'S:

- **Offer support, before, during and after the quit attempt.** Support can take many forms including lending an ear, doing a tobacco free activity together or being available by text when a craving hits. Your support is important and can help them stay on track with their quit.
- **Ask how you can help.** If someone comes to you and tells you they are quitting, take it seriously.
- **Plan or participate in tobacco free activities** with them, especially in the early days/weeks of quitting. Sign up for a race, go to a movie or make a fitness goal together.
- **Offer healthy stress management ideas** as an alternative to tobacco when things get tough. Stress can make quitting tobacco harder — and quitting itself can cause stress. Try doing push-ups together or taking a quick walk outside as a stress reliever.
- **Be positive and encouraging.** Quitting tobacco is a challenging journey. Knowing you're there and cheering them on may make them think twice before picking up a tobacco product.

### DON'TS:

- **Don't lecture about tobacco use or a slip up** if it happens. Help them get back on track.
- **Don't ask constantly about how the quit is going or if they've used tobacco lately.** Make yourself available if they need a distraction or to talk.
- **Don't offer them tobacco or ask them to come to the DTUA** if you are a tobacco user yourself. It will make it harder for them to quit. You can also consider quitting together so you can support each other.
- **Don't take mood changes personally.** Quitting can cause withdrawal symptoms, which may include irritability and anger. Even though they may seem grumpy or short, don't tell them it would be better if they continued to use tobacco. These symptoms will go away.
- **Don't forget to celebrate their successes** with them!

Visit [ycq2.org](http://ycq2.org)'s [Help Your Hero Quit](#) for more information and resources on helping someone, such as a family member or [friend](#), quit tobacco.

Learn more at [ycq2.org](http://ycq2.org)

Contact Us: [dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil](mailto:dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil)

