

LEARN TO COPE WITH STRESS:

TIP #1

Stay in the moment. Practice mindfulness with guided meditation, through the links here.

TIP #2

Treat yourself. Enjoy a bath, nice meal, special treat, or something else you like.

TIP #3

Take 5 deep breaths. Five seconds in and five seconds out.

TIP #4

Break a sweat. Exercise releases "feel good" hormones, which naturally boost your mood.

TIP #5

Talk to a friend. You don't have to go through tough times alone.

TIP #6

Write your thoughts down. Journaling can help reduce stress. Focus on the positive.

Quitting is possible and this resource is here to help guide you through the process. Follow these steps to help you get started:

- 1. Research** - Use this guide to search for programs that may work for you.
- 2. Prepare** - Make a quit plan, build a support system, download apps, and/or use text programs.
- 3. Quit and stay quit.**

Nicotine Cessation Resources for LGBTQ+

TEXT PROGRAMS

Text QUIT to:
47848

Text DITCHVAPE to:
88709

Text SPIT to:
333888

CESSATION APPS

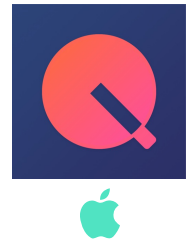
quitGUIDE



Quit Vaping



LIVESTRONG: My Quit Coach



QUITLINES

National Nicotine Quitline
1-800-784-8669

Arizona Smoker's Helpline
1-800-55-66-222

National Cancer Institute
1-800-448-7848

WEBSITES

"This Free Life" Campaign
SMOKEFREE.GOV

- Learn the benefits of quitting nicotine
- Learn to manage cravings, stress, and social triggers
- Explore safe and welcoming cessation resources



[LGBT HEALTH LINK BLOG](#)

- Connect and share your experience with others who are quitting nicotine
- Learn about the benefits of quitting nicotine
- Use the search bar to view other health related blogs

SOCIAL MEDIA

Follow & Search:

@smokefreeus @youcanquit2 @therealcost @truthorange @i.quit.smoking

#thisisquitting #quitnicotine #quitnow #quittogether

