

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, December 10, 2021



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 December 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

2 Remaining Nicotine-Free During the Holidays

3 Casino Workers Fight to Protect Their Health

4 **FREE RESOURCES!**

Remaining Nicotine-Free During the Holidays

For some people, the holidays can be a bit stressful. In some cases, it may even be challenging. Whether it's stress or temptations, it's important to continue to live a nicotine-free and healthy lifestyle. Read the tips below to remain commercial tobacco-free and have a positive mind during the holiday.

Tips to Remain Nicotine-Free:

- ◇ **Host the Celebration:** Keeping yourself busy by shopping and cooking will limit the urge to smoke.
- ◇ **Don't Overwork Yourself:** Remember not to stress yourself during the holidays. Being aware will limit your temptations.
- ◇ **Stay Away From Alcohol:** The holidays is a time for celebration, but learn how to celebrate without drinking alcohol. Drinking can often lead to the urge to smoke.
- ◇ **Know Your Holiday Limits:** If you feel overwhelmed, try to go for a walk, clean your house, or have a conversation with a loved one.
- ◇ **Learn To Cope With Frustration:** If plans change or a situation arises, don't frustrate yourself. Try to distract yourself by reading a book/magazine, call someone to talk to, or text a friend.
- ◇ **Award Yourself:** It is the time of the year to celebrate! Buy something special for yourself. Remember, quitting is something to celebrate!
- ◇ **Call [1-800-QUIT-NOW](https://www.1800quitnow.org) (1-800-784-8699):** Extra support is beneficial to your quitting journey.

If you are feeling down and slip during the holidays, don't be mad at yourself. Take a moment and breath. 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>

Casino Workers Fight to Protect Their Health

Everyone deserves to work in an environment that doesn't harm their health. Casino workers throughout the country are standing up and fighting to close the loopholes in smoking laws. [CLICK HERE](#) to learn more about the fight.



“I’ve gotten a lung condition. My doctor said it could have come from being around secondhand cigarette smoke all the time,” said Angela Martinelli, a dealer who uses a medical device called a concentrator to help her breathe at the casino. “So I use it when I walk because we have extended walking areas. For me to get from one place to another, I have to walk. And by the time I get there, I can’t breathe.”

“Why is my life not worth being protected?” asks Nicole Vitola, a dealer since 1999. “It’s so hard to deal with smoke in your face when everyone else in this state doesn’t have to deal with it, right? The law protects everyone else but us.”

Courtesy of [American Nonsmokers’ Rights Foundation](#).

For more information visit:

<https://no-smoke.org/watch-ac-casino-workers-get-national-attention-for-fight-to-close-smoking-loophole/#>

Smoke Free Signals | 505-837-2104 | www.SmokeFreeSignals.com

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.

To watch Smoke Free Signals' Education Video visit:
<https://www.smokefreesignals.com/education-videos>

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