Holiday LTE Template

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**Don’t Let Holiday Stress Keep You from Quitting Tobacco Use**

Dear Editor,

Holiday classics often mention peace, joy, and comfort, but the sad truth is that this season can also be a very stressful time. Whether it’s holiday shopping, travel, or cooking, stressors can sometimes get the best of us, and even keep us from making healthy changes… like quitting cigarettes or tobacco.

While using tobacco products might make users feel better about stress levels in the short term, the stress usually comes back quickly afterward and often at a higher level since it’s combined with nicotine withdrawal.

However, stress is just the tip of the iceberg compared to tobacco use consequences like **(FILL IN EXAMPLES OF DIFFERENT HEALTH EFFECTS, CONSEQUENCES FROM** [**http://www.cdc.gov/tobacco/data\_statistics/fact\_sheets/health\_effects/effects\_cig\_smoking/**](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/)**).**

While quitting might be difficult at first, the benefits really pay off down the road. **(GIVE EXAMPLES OF SHORT AND LONG TERM ADVANTAGES OF QUITTING FROM** [**http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits**](http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits)**).**

You don’t have to do it alone. Free help is available through the Wisconsin Tobacco Quit Line at 1-800-QUIT NOW or wiquitline.org. Contact the Quit Line today and make your plan for a tobacco free holiday season.