



Hello Friend,

New season, new beginnings. Spring symbolizes growth, renewal, and fresh starts—an ideal moment to plant the seeds for a healthier, nicotine-free life. Whether you're just starting or picking up where you left off, know that every step forward is a step toward a brighter, healthier future. Let this season inspire your next chapter!

Let's get into it!

How to use QuitNow Live Chat



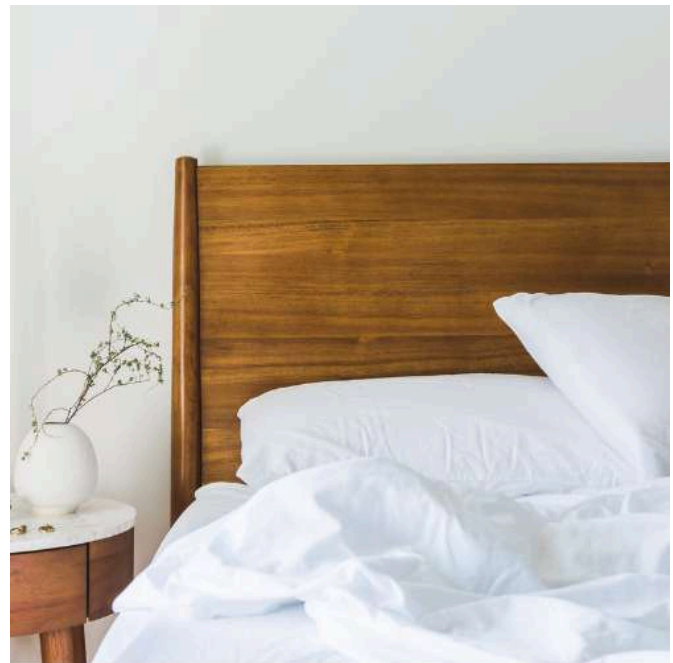


Women + Quitting Smoking

March is Women's History Month! Women have been historically understudied in health research, but finally, we are learning more about women and smoking cessation. Research shows it is more difficult for women to quit due to factors like hormonal fluctuations, mood, and weight concerns. But quitting isn't impossible! Understanding [triggers](#) and working with a healthcare provider for your specific needs and what support is right for you can make all the difference! [Read more.](#)

Quitting vaping can improve your sleep

[New research](#) shows that vaping can negatively impact your sleep, with more frequent vaping leading to lower sleep quality and more time spent in light sleep. Spending more time awake after initially falling asleep was linked to stronger cravings and a worse mood. If you're trying to kick the habit, [understanding how vaping affects your sleep](#) is an important step toward success.



BREAKTHROUGH
QuitNow Group Support

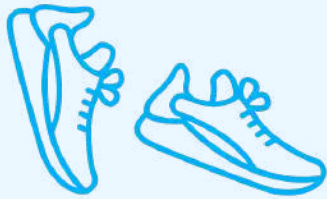
Join us for our upcoming Breakthrough Group Sessions on April 8th, QuitNow's webinar-style group support sessions. This month we're talking about Creating Your Quit Plan! A quit plan is a personalized strategy to help prepare for your quit. When you set up your quit plan, you will set a quit date, reflect on your reasons to quit, choose a quit method that works for you, and plan to cope with cravings and withdrawal.

[Sign up here!](#)

QUIT TIP: Get Moving!

As the weather improves, getting outside and moving your body is a great way to handle cravings and boost your mood as you quit! Going for a short walk, gardening, or even throwing a ball or frisbee around with a friend can help!

Visit our [Physical Activity](#) page for more tips!



Looking for Information on Dual Use?

If you use both cigarettes and vapes, we have a **NEW** info page for that!

[Learn More →](#)



Your Mental Health Matters!

Are you feeling overwhelmed? It can feel difficult to cope sometimes, but we're here for you. Take a look at these coping strategies to get you through.

[Learn More →](#)

Looking for more motivation?
Follow us on social media!



SUPPORT CAN DOUBLE YOUR CHANCES
OF QUITTING NICOTINE FOR GOOD.