

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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September Spotlight: Tobacco & Nicotine Cessation

This month, we're highlighting information about tobacco and nicotine cessation. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about tobacco and nicotine use from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- [Tips on how to quit smoking](#)
- [Consejos sobre cómo dejar de fumar](#)
- [Nicotine and tobacco](#)
- [La nicotina y el tabaco](#)

These additional links from other health organizations offer more information about quitting tobacco and nicotine:

- [Making a quit plan](#)
- [Smokefree teen](#)
- [Don't just switch, quit tobacco for good](#)
- [What's in an e-cigarette?](#)

Healthy recipes

- [Peach yogurt smoothie](#)
- [Carrot pancakes](#)
- [Chicken pot pie bundles](#)
- [Couscous with hazelnuts, figs and feta](#)

Mental health awareness

While caring for a loved one can be meaningful, it can also be hard on your mental health. Caregivers may experience stress, fatigue or emotional strain. But there are steps you can take to handle stress in a healthy way and regain a sense of balance, joy and hope. Resting, seeking support and recharging when you can are important parts of being able to care for others. Learn more about [caregiver stress and burnout](#).



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Teen vaping: What you need to know](#)

Cut through the confusion with facts every parent and teen should understand.

[How folic acid fuels everyone's health](#)

Discover why this important nutrient isn't just for moms-to-be.

[Do vibration plates actually work?](#)

Explore whether this trending fitness tool lives up to the hype.

Find the entire [Summer issue here!](#)