

Summer Fun Safety

As the warmer months approach and we head into summertime, it can be a time of less stress and anxiety. We may gain more free time and step away from our daily routines, which can help break old habits. Consider these new habits to replace the old ones:¹

Take more walks¹

The days are longer, the nights are breezy, it is a great time to take more leisurely walks and be more active.

Stay hydrated¹

It is important to stay hydrated during hotter weather. Having a bottle handy when feeling any sort of craving is a great way to break out of an old habit while retaining a hydrous one.

Consider the money you are saving¹


When on vacation, instead of dropping by a duty-free shop for cheaper cigarettes, think about the money you can save! Buy yourself some nice perfume or cologne, or some jewelry, or any reward for curbing your craving. Or you could take a dip in the pool or a beach if a craving hits.

Think ahead¹

If you plan to meet friends out, think about what you can do differently. If alcohol leads to smoke, plan on limiting or not drinking at all. Also, let your friends know that you are working on quitting smoking and to have them support your quit journey and not offer you cigarettes or enable the behavior.

Enjoy the fresh air¹



If your summer allows you to stay at home more often, take advantage of the fresh air. Create an outdoor environment that you enjoy and want to spend time in. You can use this is an opportunity to take up gardening, pick up old cigarette butts, or get rid of old ashtrays and make it space of enjoyment to get away from daily stresses.



Summer Activities

for Kids & Families

1. Water balloon/squirt gun fight
2. Sidewalk chalk
3. Play in the sprinkler
4. Make popsicles
5. Make an outdoor fort
6. Outdoor movie night or drive-in movie
7. Nature scavenger hunt
8. Pool day
9. Library- books/summer programs
10. Ice Cream shop.
11. Hike at local park
12. Go Fishing
13. Visit the beach or lake
14. Visit the zoo
15. Summer scrapbook
16. Outdoor games: Badminton, volleyball, Wiffle ball, kickball, tag, basketball
17. Plant a container garden
18. Have a picnic lunch or dinner
19. Write a play & perform it for the family outdoors
20. Camp out in backyard.
21. Bonfire + Smores
22. Visit local farm
23. Ride bikes/skate/walk
24. DIY bubbles
25. Paint rocks
26. Fly kites
27. Visit a local festival
28. DIY backyard obstacle course
29. Catch fireflies

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1. NHS. (2022). 5 Minute Coffee Break – Enjoy a Smoke Free Summer. NHS Yorkshire Smokefree Service. Retrieved from <https://yorkshiresmokefree.nhs.uk/articles/5-minute-coffee-break-enjoy-a-smoke-free-summer>

A Personal Message From Your Health Promotion Health Myth Busting Team

Dear Health Myth Busters,

I have been doing a lot more outdoor activities and soaking in more sun. I am making sure to use sun protection as I know the sun can be harmful to my skin and lead to complications such as cancer. However, I am worried that if I continue to smoke my skin will not still be protected. Is it true that smoking can have damaging effects despite taking care of it as I do my outdoor activities?

Sincerely,
SunshineSmile

Dear SunshineSmile,

Smoking negatively affects the health of your skin as it can affect the healing of wounds, lead to wrinkles, premature aging of the skin, potential increase of skin cancer, and psoriasis.² Several studies have shown that cigarette smoking is correlated with the delayed wound healing.² If you happen to scrape yourself up while outside and continue to remain a smoker, it might take a while before the wound heals so you want to make sure you take precautions when engaging in riskier behaviors. As you continue to be outside, your chances of skin cancer may increase and while the relationship between skin cancer and smoking is still controversial is it still important to remain healthy and use sun protection and minimize smoking.² While there is still a lot of research and debate on smoking and how it may affect your skin, you still want to make sure you are protecting yourself and remaining healthy. Follow the tips presented in the picture below to keep yourself safe during the warmer months:

Sincerely,
Health Myth Buster

2 Metelista, A & Lauzon, G. (2010). Tobacco and the skin. Clinics in Dermatology, vol.28(4). Retrieved from <https://www.sciencedirect.com/science/article/abs/pii/S0738081X10000453>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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