

GOT A CRAVING? FEELING STRESSED?

Here are some things you can do:

Take a slow, deep breath – you'll feel better in a few minutes!

Try a lollipop or piece of candy

Drink some water slowly, holding it in your mouth for a little while

Try a mindfulness app to relieve stress

Spend more time with friends who don't vape

Distract yourself by doing something else

Try a new vape-free activity: yoga? Ultimate Frisbee?

Remind yourself of all the reasons you want to quit or cut down

Exercise, go for a run or walk

Listen to some new music

HELPFUL TIPS:

- Make a plan for quitting. Think of other things you can do instead of vaping.
- Plan for what you'll do when you are hanging out with friends who vape.
- Make a list of your reasons for quitting and refer to it when you need a reminder of why you want to quit.
- It's normal for people to slip up when they're trying to quit. Think about why you slipped and create a plan for next time.

ADDITIONAL RESOURCES:

Quitting vapes or other tobacco products can be hard. Here are some other ways to get the support you need:

- **My Life, My Quit™** has youth coach specialists trained to help young people by phone or text. Call or text **Start My Quit** to **855-891-9989** for free and confidential help. For more information or to sign up online, visit mylifemyquit.com.
- Visit teen.smokefree.gov for tools and tips to help you quit.
- **Ask for help** from your school nurse or counselor, athletic coach, doctor, parent or other trusted adult.



**For more information,
visit mass.gov/vaping**

QUITTING VAPING

INFORMATION FOR YOUTH





Some vape pods have as much nicotine as 20 cigarettes.

THINKING ABOUT QUITTING OR CUTTING DOWN ON VAPING?

THIS IS QUITTING CAN HELP!

ASSESS YOUR VAPING

Most vapes/e-cigarettes contain nicotine, which is highly addictive. Use this checklist to see if you show signs of being hooked.

When you haven't vaped for a while, do you:

- ☐ Have a strong craving to vape?
- ☐ Feel nervous or anxious because you can't vape?
- ☐ Vape in places you're not supposed to, like school?
- ☐ Have trouble concentrating when you haven't vaped for a while?
- ☐ Feel like you need to vape to feel better?
- ☐ Feel angry, irritable, or restless?

If you said yes to one or more of these, you may be hooked on nicotine.

There are lots of good reasons to quit!

What are yours?

- ☐ Better athletic ability/performance
- ☐ Improve focus and concentration
- ☐ Less coughing
- ☐ Save money
- ☐ Won't have to worry about getting caught
- ☐ Improved taste buds
- ☐ E-cigarette companies are making money off of me
- ☐ Better smile (teeth)
- ☐ Fewer asthma attacks
- ☐ Other reasons:

This is Quitting powered by **truth**® is a free and confidential texting program for young people who vape. In partnership with the Massachusetts Department of Public Health.

■ Text VapeFreeMass to 88709 to get started!

- You'll receive daily text messages about quitting or cutting down, including messages from other youth who have quit.
- Text **Cope**, **Slip**, **Stress** or **More** at any time for instant support, or **MassInfo** for messages specific to Massachusetts.

■ Support is available!

- Your school nurse, counselor or coach can help you get started.
- You can sign up even if you're not sure you want to quit right now.
- **This is Quitting** has texts to help build your confidence and practice quitting even if you're not 100% there yet.