



Vaping: Self-Help, Insights & Fact Tool

Hello!

If you are thinking of quitting vaping now
or someday later...

If you want to help a friend...

If you are just curious...

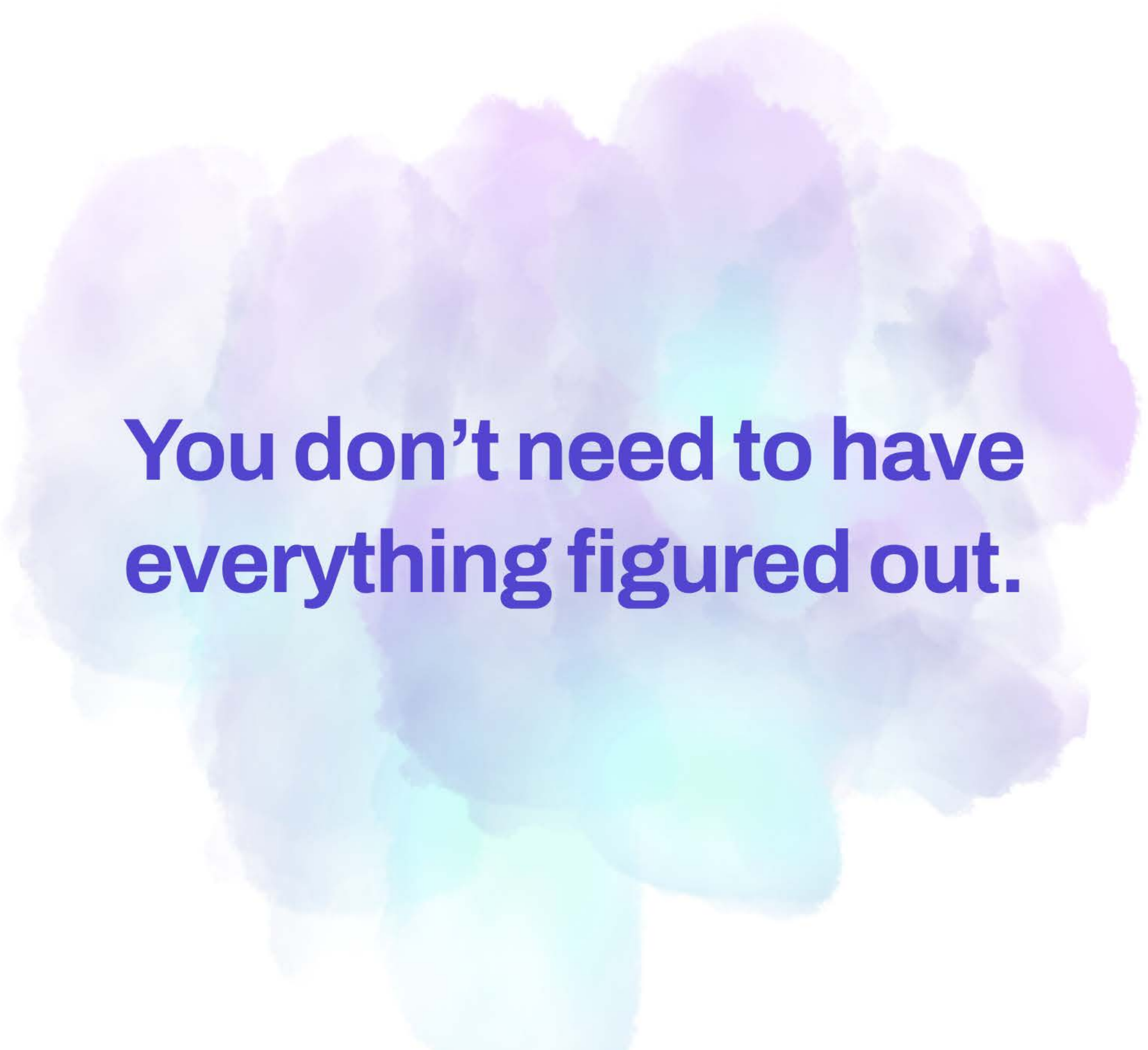
Come on in!

This is a private space. No information is saved,
tracked or recorded. You can explore without worry.

What you see here is **just for you.**

Two things can be true at once...

It makes sense if you like some parts of vaping, and at the same time, have questions or concerns about it.



You don't need to have everything figured out.

This space is for reflecting and exploring some options.

Take a look...



Your Motivation

Knowing and committing to your personal goals and reasons for quitting can help when you feel discouraged.

Young people are quitting for reasons that matter to them personally:

- To perform better in sports and stay fit
- To save money
- To feel more in control
- To be healthier overall

Write down what your reasons are.

You may need to remind yourself from time to time.

Looking deeper...



The Nicotine Effect

Signs of nicotine dependence can be easy to overlook or dismiss.

You may relate to some, all, or none of these. Be honest with yourself, what feels familiar?

Sometimes it looks like:

- reaching for my vape soon after waking up
- vaping more often than I actually want to
- planning my day around when I can vape

Or feels like:

- being anxious, irritated, or moody
- being upset or angry if I can't find my vape
- being distracted and unable to focus

You might also notice:

- changes in your sleep
- changes in your breathing and stamina
- changes in your relationships

Making sense of this...



Nicotine: Dependence by Design



Nicotine is designed to reach the brain quickly to trigger the release of feel-good chemicals.



With repeated use, your brain starts to expect then demand nicotine more often (this is a craving).



Cravings can feel strong or come out of nowhere. It's a brain reaction, not your willpower.



Your brain can reset over time, and even small steps away from nicotine helps it get there.

[More about that reset...](#)



Small Steps Towards a Reset

Different things work
for different people.

Talk It Out

The 4 D's

Healthier Stress Busters

Ask a Quit Coach

Let's see each one...



Talk It Out

Sometimes talking with someone you trust can help you sort things out.

You don't have to do this alone, but it's up to you who to involve.

Think of someone who makes you feel safe and supported.

**Starting the conversation
can be as simple as:**

**I'm trying to make some changes,
just wanted you to know.**

**Even one supportive
person can be enough.**

Next

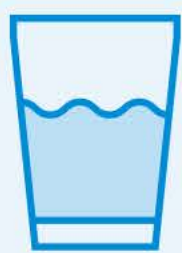


The 4 D's

The **4 D's** can help you get through a craving and disrupt your vaping routine.

Cravings usually pass in 3 minutes or less!

Cravings are most intense for the first few days but it gets easier after a week or so.



Drink Water



Deep Breathing



Delay



Do Something Different

Next



Healthier Stress Busters

Stress is a part of life. Many youth say that they started vaping to deal with stress. It is also a reason why youth continue to vape. Nicotine may feel like it helps in the moment, but it doesn't last.

Over time, nicotine can make stress show up more often. Having other ways to deal with stress can help.

Try managing stress with these options:

- Watch something funny
- Move your body (walk, work out, sports)
- Take a few deep breaths
- Step outside for fresh air
- Listen to music or sing
- Have a healthy snack
- Journal your thoughts
- Do something with your hands



Make your own list of stress busters.

Next



Ask a Quit Coach

A Quit Coach can help you make a plan, handle cravings, or just talk things through.

The **Smokers' Helpline** covers vaping, smoking, and other nicotine use. It's youth-friendly, free and confidential.

Text: 1-709-700-7002

You can explore it privately and decide what feels right for you.



Moving forward...



Notice the Patterns

Vaping doesn't just happen randomly.

It's often connected to certain moments such as how you feel, where you are, who you're with, or what you're used to doing.

Noticing your patterns can help you handle them differently.

Feelings

Stressed, bored, anxious, excited

People

Friends, coworkers, certain groups

Places

School, bedroom, social spots

Routines

After meals, before bed,
breaks, certain times of day

Patterns aren't permanent.
They're something you can change.

Putting it together...



3-Minute Game Plan

While cravings can feel intense, they usually pass in a few minutes.

Having a game plan ready can help you ride it out. Open a note on your phone and write it out, choosing options that work for you.



**With a game plan in your pocket,
you won't be surprised – you will be prepared.**

Next



What will I say to myself?

A short message that helps you ride out the craving.

ex: I expected this, I can handle it, it will pass.

What will I do instead?

A quick action that keeps your hands or mind busy.

ex: Brush your teeth, do a chore, have a healthy snack

Where could I go?

Changing locations can interrupt a craving.

ex: Stay away from regular vaping areas, walk for 5 minutes, go to a different room

Who could I connect with?

Talk through a craving. You don't have to talk about vaping; just chat, breathe, connect.

ex: Text a friend, speak to a teacher, quick chat to a parent or Quit Coach. (1-800-363-5864)

You choose what's next...



Success and Small Wins

It's easy to miss progress when you're only looking for "done."

But change usually shows up in smaller ways first:

- A class without vaping
- A craving you manage
- A longer wait before vaping again
- A step down in nicotine
- A change in your routine that reduces your vaping

**These choices aren't random.
They're signs you're gaining back control.**

Keep going...



Quitting Takes Time

Change doesn't usually happen all at once. It's normal for it to take time.

It can take a few weeks of making a conscious effort to not vape before things start to feel more like your new normal.

If you slip or go back to vaping, it doesn't mean you've failed. You're still in the process.

**What matters most is what you do next.
You can keep going.**

One last thing...



YOU take it from here...

This is a starting point.

There are more tools and supports out there if you want to use them to move away from nicotine and toward a vape-free life.



EXIT the VAPING EXPERIENCE



You can come back anytime.

You can do it!

