

HELP TO STOP VAPING FOR YOUNG PEOPLE

QUIT

- Have you ever tried to quit vaping but couldn't?
- Do you vape more than you would like to?
- Do you ever feel nervous, restless or worried because you can't vape?
- Is the money you are spending on vaping stopping you from buying other things?

If you said yes to any of these then you may be addicted to nicotine.



First off, you have to want to quit...

Here are some great reasons to seriously think about quitting.

- Not feeling controlled by something.
- Being free of addiction.
- Feel less stressed and anxious.* (See next page)
- Easier to breath.
- Healthier looking skin.
- Having more money.
- Better oral hygiene (No stinky breath).



Did you know?

Vaping can cause spots and acne to get worse and accelerates the formation of fine lines and wrinkles. **I want less spots!**



Did you know?

Vaping can stain the teeth over time and can give you a dry mouth feeling which can give you bad breath and cause tooth decay.. It is recommended if you vape to have regular check-ups at the dentist.

I want to keep my awesome smile!

Do the Math!

How much do you spend a week/month on vapes?

If you're spending £10 a week on vapes that's £520 a year.

With the money saved be sure to reward yourself!



I want more money!

TIME TO QUIT...

Different things work for different people.

Beating an addiction is tough and you don't have to do it on your own. Speak to your local Pharmacy or a GP, they are there to help you.

Who may be able to support you? Friends/Family/Teachers etc.

Keep a plan of your progress, you can talk about feelings and situations that might make you want to vape, these are called

triggers.



How will you QUIT?

Cold Turkey.



This means stopping abruptly, withdrawal symptoms can be more intense initially but can lead to long term success.

Gradually.



This is when you slowly decrease the amount you vape over a period of time until you quit altogether.

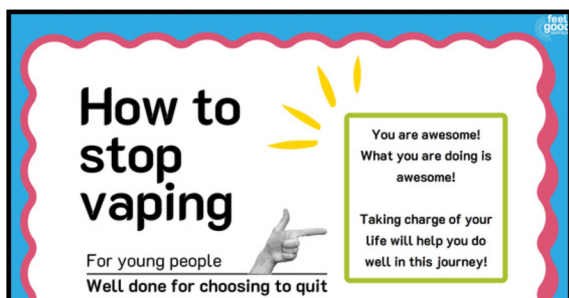
Did you know?



Nicotine actually **increases** anxiety. It can be the act of going outside, having a walk and keeping your hands busy which actually calms you down.



More information along with downloadable worksheets to aid you in quitting can be found on the **Feel Good Suffolk** website.



Go to...

www.feelgoodsuffolk.co.uk/stop-smoking

- Tobacco production accounts for 5% of overall deforestation in the world!
- Vapes contain lithium-ion batteries which can cause wildfires if not recycled.
- Vapes contain metals, which take many years to decompose.
- Rather than decomposing, plastic turns into **"microplastics"** which continue to pollute the environment, our food and drinking water.

TIME TO QUIT...

Nicotine withdrawal...

It can take time to get used to not having nicotine.

Feeling bad when quitting an addiction is normal, it doesn't normally last too long.

You may feel irritable, restless, have trouble sleeping or concentrating.

It takes 1-3 days for the nicotine to leave your body. so your cravings **WILL** get easier with each day.



Speak to friends or family, it's important in all aspects of life to **share how you feel.**

For emotional wellbeing support, go to:
www.thesource.me.uk/wellbeing

It can take the pressure off if a group of friends quit together.



They can help you to enjoy your wins and you can help each other out if things get tough.

Healthy foods can help...



There are lots of foods that can help with nicotine cravings and the habit of smoking, like eating fruit, popcorn, and seeds.

Be prepared. Think about...

How will you handle social situations where others are vaping? Can you ask friends not to vape around you?

Are there times of the day where you always have a vape? What will you do instead?

Do you vape if you're feeling anxious or worried? What else can you do to cope with these feelings?

When you have cravings can you go for a walk, do some exercise, play a computer game instead?

Don't overwhelm yourself, one step at a time...

Sometimes it can feel like you're trying to climb a mountain with a weight dragging you down.

Imagine how great it will feel when you reach the top...

Keep going!



PLANNING AHEAD...

To succeed you need to plan for how you'll handle the tough moments when quitting addiction. Think about what you will do:

If you...

- feel bored, stressed or anxious.
- are relaxing in your room
- just finished a meal
- are out with your friends.
- feel angry or stressed

Then you could...

- Go for a walk or find somebody to talk to.
- Play a game, watch a movie, do some drawing.
- Chew some gum
- Friends are there to support - Talk to them, you can ask them not to vape around you while you're starting out quitting.

These are a just a few examples

Top tips for dealing with the stresses of quitting an addiction.



Try Beginners Yoga

Do a Breathing Exercise

Listen to The Source Mindfulness Playlist

- Call or text a friend
- Cuddle a pet
- Go for a walk or run
- Use fidget toys
- Exercise
- Be creative, write, draw or doodle.
- Use an Anti-Vape necklace
- Chew some gum



Anti Vape Necklaces

These can help you to take deep, controlled breaths which can help you feel relaxed and reduce stress.



Remember!

Quitting something you are addicted to is hard, if you don't make it the first time, don't beat yourself up!

Try again!



Chewing Gum



Chewing gum can lead to a decrease in cortisol levels, particularly in stressful situations, leading to a sense of calm.