



Congratulations on making the decision to become vape free! We hope the resources provided here will be useful to you as you begin the quit process.

What's inside your quit kit?

Lollipops & Gum: To help with the cravings! If you need something to chew on, grab one of these to satisfy them.

Stress Ball: Some tend to vape when they are feeling stressed out or anxious. If this happens to you, use a stress ball instead to relieve some stress!

Elastic Band: Wear the rubber band around your wrist and snap it when cravings strike.

Did you know? Quitting nicotine has been shown to help with sobriety. Some studies have linked nicotine exposure to cravings for stimulants and opiates. Nicotine may also serve as a relapse trigger as it is most often paired with other drug use.

Resources: These resources are here to help guide you through the quitting process. Inside you will find activities, charts, exercises, and additional resources that will all benefit throughout your journey. If you need additional resources such as FREE nicotine replacement therapy or help with any of the activities, do not hesitate to reach out to one of the certified tobacco treatment specialists on SCSU's campus. We are happy to join you on your quitting journey. Walk-in's are welcome at the Health Center or reach out to me directly at adamv2@southernct.edu .

We wish you luck! **You can do this!**

Being in Control of Withdrawal Symptoms

You will most likely have withdrawal symptoms after you quit. These symptoms are good signs that your body is recovering from vaping. The symptoms may come and go, get stronger or weaker, or stay the same. Most symptoms end within **2 to 4 weeks**. Your knowing this will help you stay in control and not vape.

When symptoms occur, you can distract yourself from them or reduce them. The table below tells you some things you can do. It is helpful to remind yourself that these symptoms will be over soon. You will not vape in spite of these symptoms.

<u>Withdrawal Symptom:</u>	<u>Things You Might Do:</u>
Craving for vape	Do something else; take slow deep breaths; tell yourself, "Don't do it." Chew gum, lollipop...
Anxiety	Take slow deep breaths; don't drink caffeine drinks; do other things
Irritability	Walk; take slow deep breaths; do other things
Trouble sleeping	Reduce caffeine consumption in half and end before 1pm. Don't take naps during the day; imagine something relaxing like a favorite spot
Lack of concentration	Do something else; take a walk
Tiredness	Exercise; get plenty of rest
Dizziness	Sit or lie down when needed; know it will pass
Headaches	Relax; take mild pain medications as needed
Coughing	Sip water, caffeine free tea with honey
Tightness in chest	Know it will pass
Constipation	Drink lots of water; eat high-fiber foods like vegetables and fruits
Hunger	Eat well-balanced meals; eat low-calorie snacks; drink cold water

List Other Things You Could Do:

Motivation for Change

To change your behavior, it may be helpful to list your reasons for making the change. Complete the sections below. Try to be specific as possible.

Reasons to Quit Vaping

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Reasons to Vape

1. _____

2. _____

3. _____

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10. _____

Non-Vaping Game Plan: Lifestyle Change

As part of your non-vaping game plan, you can plan to make changes in your daily behaviors that can help you remain a non-vaper. Below, list specific answers to some general lifestyle questions important to quitting vaping and remaining a non-vaper.

1. What will you do to make vapes unavailable to you?

2. What will you do to increase time spent in non-vaping places or time spent doing non-vaping activities?

3. How can you develop a “buddy system” or use other ways to get other people to help support you when quitting?

4. What will you do to manage stress successfully?

5. What will you do to keep from gaining weight?

6. What will you do to become more physically active?

Deep Breathing Relaxation Exercise

This is one of the simplest relaxation methods, based upon meditative, deep-breathing technique. There are five things you need to do to prepare for this exercise.

Getting Ready:

1. Choose a quiet, comfortable environment where there are few distractions and you won't be disturbed.
2. Choose a day when you are least likely to be disturbed by others and you won't be worried about having to get somewhere right after your practice session.
3. Choose a word or phrase to repeat, either silently or aloud, while practicing your relaxation. This will help you to keep your mind from wandering during the practice session. The word "one" or "calm" are often recommended, but any simple, pleasing word will do.
4. Develop a passive "let it happen attitude while practicing. Don't worry about how well you are performing or about distracting thoughts. Simply continue repeating your special word or phrase.
5. Select a comfortable position. This is important to prevent undue muscular tension. A comfortable sitting position in a soft chair is probably best, as lying down may result in you falling asleep.

Those are the preliminaries. The procedure itself is very simple. There are five steps.

Relaxing:

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Relax all your muscles as fully and deeply as possible.
4. Breathe easily and naturally through your nose. **FOCUS ON YOUR BREATHING.** As you breathe out, say "one" or your special word or phrase either silently to yourself or aloud. For example, breathe in...then out, "one", in...out, "one", etc.
5. Continue for 10-20 minutes. Open your eyes to check the time, if you wish, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later, with your eyes open. Do not stand up for a few minutes.

My Quit Day Is _____

Other FREE Resources

Text DITCHVAPE to 88709

- Text service for young adults who use nicotine vape products
- Free, anonymous, available 24-7 to help with cravings, stress and slips
- Regularly scheduled messages & reminders to help you quit vaping

<https://teen.smokefree.gov/>

- Build a quit plan, get tips on how to quit, and the option to talk to a quit specialist

Download the quitSTART App

- Tips and information to prepare you for becoming nicotine free
- Manage cravings and bad moods in healthy ways
- Distract yourself from cravings with games and challenge

VAPES AND CIGARETTES

Different products. Same dangers.

ADDICTION

NICOTINE

CANCER-CAUSING CHEMICALS

GET THE FACTS

- Some vape pods have as much nicotine as 20 cigarettes.
- It's not water vapor—aerosol from vaping has cancer-causing chemicals.
- Nicotine can harm your brain, including your memory and ability to learn.
- If you vape, you are 4 times more likely to smoke cigarettes.

mass.gov/vaping @GetTheVapeFacts

Massachusetts Department of Public Health

Practice the Four D's to help you get through a craving.

Delay (clock icon)
Wait out the urge to smoke. It will pass in a few minutes.

Drink water (water bottle icon)
Sip the water slowly and hold it in your mouth awhile.

Deep breathing (cloud icon)
Breathe in slowly and as deeply as you can, then breathe out slowly. Repeat this five times.

Distract (speech bubble icon)
Talk to a friend, focus on the task you are doing, or get up and move around. Do something that takes your mind off smoking for a few minutes.

The Four D's

Make smoking history.

presented by the Massachusetts Tobacco Cessation & Prevention Program, MA Dept. of Public Health

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH