

Tips and resources to help quit vaping

Quitting vaping can be hard, but there are things you can do to make it easier. It's important to identify your triggers, which are the things that make you want to vape, and make a plan of action to avoid using again.

If you have a craving to vape, keep in mind that they last 10-20 minutes. To get through a craving without slipping, you can:

- Remind yourself why you want to quit.
- Keep yourself busy while the craving passes.
- Exercise, take a walk or call a friend.
- Chew gum or suck on a piece of candy.
- Listen to music or try a mindfulness activity.
- If you feel like you need to inhale from a device, find a straw and suck air from it.

If you have a slip, just re-start your quitting plan.

Mindfulness resources to help deal with stress and cravings

Mindfulness practices will help you most if you do them for five to ten minutes each day. Here are some things you can try:

- Watch this mindful jar video to help settle your mind.
 - <https://youtu.be/1MefB0P8ptA?feature=shared>
- Use this Hoberman sphere video to focus on your breathing.
 - <https://youtu.be/QX1LgYMdHw0?feature=shared>
- Try things to keep your hands and mind focused:
 - Adult coloring
 - Playing with play foam or clay
 - Making and playing with slime
- Visit Mindfulness for Teens from Dr. Dzung Vo.
 - www.mindfulnessforteens.com/guided-meditations
- Use the [Headspace](https://www.headspace.com) website or app: [headspace.com](https://www.headspace.com)



Resources you can use to quit vaping

Smokefree Teen

- Web-based quit plan tool for teens
- Offers text support and app support
- Teen specific management of triggers and cravings
- <https://teen.smokefree.gov/>

Truth Initiative

- Designed for teens and young adults
- This is Quitting text messaging program for teens and young adults
 - Text DITCHVAPE to 88709
- Text program for parents
 - Text QUIT to (847) 278-9715
- <https://truthinitiative.org/>

Wisconsin Quit Line

- 24/7 support online, through text or over the phone
- Free coaching support
- Medication or nicotine replacement therapy (NRT) for 18 years or older
- Call 800-QUIT-NOW or text VAPEFREE to 873373
- <https://quitline.wisc.edu/>

My Life, My Quit

- Free and confidential way for teens to quit vaping
- Offers coaching support
- Text Start My Quit to 36072
- <https://mylifemyquit.com>

American Lung Association

- Offers quitting information and programs for teens
- Has information to help someone else quit
- Vape-free school programs
- <https://www.lung.org>