

California Youth Advocacy Network

# Vape and Tobacco Quit Support Guide



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## **DECIDING TO QUIT**

Congratulations on thinking about quitting vape and tobacco products. Quitting tobacco is the single best decision you can make for your overall well-being!

Research shows that quit attempts are more successful with support and preparation. This Quit Support Guide provides resources, tips, and tools to help you best prepare for your quit journey.

## **QUITTING IMPROVES YOUR MENTAL HEALTH**

Quitting tobacco improves both your mental health and overall physical health

- Focus improves when you quit and can improve your grades.
- Sleep improves when you quit.
- Anxiety symptoms improve when you quit.
- Mood swings and irritability improve when you quit.
- Depression symptoms improve when you quit.
- ADHD symptoms improve when you quit.
- Physical health improves when you quit, including your skin, nails, and teeth.
- Your chances of lung issues and cancers decrease when you quit.

## **SIGNS OF ADDICTION**

Vape and tobacco products contain nicotine, a highly addictive substance that alters your brain chemistry and harms nearly every organ of your body. Addiction can look different for each person. Common signs of addiction in young people can include:

- Feeling like you need to vape or smoke to handle stressful situations.
- Craving the product or feeling like you really need it.
- Feeling anxious if you aren't able to vape or smoke.
- Finding it difficult to stop vaping or smoking, even if you want to.
- Feeling irritable or moody if you aren't able to vape or smoke.
- Difficulty sleeping or relaxing without vaping or smoking.

# HOW TO START YOUR QUIT

## **PICK A DATE TO QUIT**

Setting a quit date means you are serious. Circle it on your calendar, put it in your phone, tell your friends, and do something for yourself to mark the day.

## **KNOW YOUR WHY**

Think about why you want to stop using tobacco. Knowing why you are quitting will help you better manage the urge to vape or use tobacco. Make a list of why you want to quit: to improve your mental health, to save money, to set a good example for younger siblings, to breathe and exercise with ease, or to be able to focus better during classes. Write them all down and circle back to them when you are having a tough moment.

## **IDENTIFY YOUR TRIGGERS**

Start to think about and write down what makes you more likely to vape or use tobacco. Is it being around friends who vape? Drinking alcohol or caffeine? When you feel stressed, anxious, or overwhelmed? Smelling smoke or vapes? Driving? Once you know the things you usually do when you vape or use tobacco or the things that make you want to, create a plan to do something different in that situation. For example, when I feel stressed and want to vape, I will take five deep breaths to calm down.

## **BUILD YOUR SUPPORT TEAM**

Quit attempts are more successful with a support team. Tell a friend or family member that you are quitting and text or call them whenever you have cravings. Download and use the free quit apps or text/call the California Smoker's Helpline. You don't have to do this alone - there is support.

## **BE PREPARED WITH HEALTHY SNACKS**

Part of quitting means breaking your hand and mouth fixation. Healthy, crunchy snacks are one way to address this. Stock up on seeds, nuts, apples, carrots, beef jerky, and other healthy snacks that are easy to grab.

## **MANAGING TRIGGERS AND CRAVINGS**

Cravings typically only last 3-to-5 minutes and get weaker and less frequent with time. There are things you can do to distract yourself and better manage the craving to vape or smoke.

### **THINGS YOU CAN DO TO DISTRACT YOURSELF DURING A CRAVING:**

- Read your 'why' list.
- Text a friend.
- Use the quit apps for support.
- Exercise or take a walk.
- Take deep breaths or meditate.
- Play a game on your phone.
- Listen to music.
- Take a shower.
- Check social media or watch a video on your phone.
- Write in a journal (see journal prompts below).

### **THINGS YOU CAN DO TO CALM CRAVINGS:**

- Have a cup of warm tea or a soothing warm drink.
- Drink water. Staying hydrated helps to calm cravings and you can get creative with flavors and additives.
- Chew on toothpicks that are infused with essential oils like peppermint or tea tree oil.
- Chew on gum.
- Eat a crunchy snack like nuts or fruit.
- Talk to a health care provider or visit the campus health center to discuss using Nicotine Replacement Therapies (NRTs). Nicotine patches and gum can be helpful for quitting.



# JOURNALING DURING YOUR QUIT

Journaling can be a helpful activity when quitting vape and tobacco products. Writing in a journal is a great way to relax, and it can also ease stress, anxiety, and depression. Journaling is also a great way to distract yourself during tobacco cravings. Keeping a quit journal provides an outlet for you to document each phase of your tobacco-free journey. Remember to keep your quit journal handy and read it whenever you are struggling with a craving or trigger. You can also use your quit journal to revisit why you decided to quit tobacco during tough moments and reflect on how far you've come.

Below are prompts to help you get started with your quit journal. You can use a notebook or treat yourself to a special journal and colored pens. There are also several helpful bullet journal tutorials online if you want to get creative with your quit journal.

## QUIT PLANNING:

- Set a quit date!
- Why am I quitting?
- What do I hope will improve when I quit?
- Who is my support team?
- What additional resources can I use to support my quit?

## IDENTIFYING TRIGGERS:

- What are some things that might prompt me to vape or use tobacco? (e.g. feelings, people, routines, mental health).
- What are things I can do to distract myself when I face a trigger or have a craving?

## SLIPS AND SETBACKS:

Quitting is a process, not an event and it's normal to have setbacks during your quit attempt. Slip-ups happen and are an opportunity to learn from the challenge and make a stronger quit plan:

- What prompted me to vape or use tobacco?
- What can I do differently next time?
- What support do I need to address triggers?
- How was I feeling before and after the slip-up?

## **RECIPES TO SUPPORT YOUR QUIT**

### **ESSENTIAL OIL TOOTHPICKS**

- Box of toothpicks
- Cinnamon, mint, or tea tree oil
- Small glass jar with lid

Place the toothpicks in a glass jar and pour 1-2 ounces of the essential oil over them and seal. Let the toothpicks soak overnight or longer if you desire a stronger flavor. Transfer the toothpicks to a baking sheet to dry and then store in an airtight container.

### **FLAVORED WATER**

- Glass jar or water bottle
- Fruit of your choice
- Fresh mint (optional)

Add fruit to the bottom of the jar or water bottle and fill with cold water. Stir well and press lightly on the fruit to release the flavor. Refrigerate for one hour, or longer for a stronger taste.

# FREE AND ANONYMOUS QUIT SUPPORT

## **THIS IS QUITTING APP AND TEXT**

The app has activities to help you quit vaping or using other tobacco products. You can also speak with a counselor 24/7.

[www.thisisquitting.com](http://www.thisisquitting.com)

Text 'DITCHVAPE' to 88709

## **SMOKEFREEXT FOR TEENS**

A resource for teens that offers advice, quit support, and motivation to remain nicotine and tobacco free.

[teen.smokefree.gov/become-smokefree/smokefreeteen-signup](http://teen.smokefree.gov/become-smokefree/smokefreeteen-signup)

Text 'QUIT' to 47848

## **QUITSTART APP**

An app to help you track your quitting progress. Earn badges, get tips on how to manage tough days, and play games to help distract yourself from cravings.

[teen.smokefree.gov/become-smokefree/quitstart-app](http://teen.smokefree.gov/become-smokefree/quitstart-app)

## **KICK IT CALIFORNIA**

A text program, app, and telephone helpline created for teens and adults to quit tobacco.

[www.kickitca.org](http://www.kickitca.org)

1-800-300-8086

Text 'Quit Vaping' to 66819