

Appendix: Additional resources

Quitting nicotine

Many young people want to quit vaping or smoking, but have reasons they think they can't.

"I can't cope without it."

Are you sure? You could look for different ways to cope with stress. Many young people who quit say they feel a huge sense of freedom afterwards.

"I enjoy vaping."

Do you really? Most young people can't actually say why they enjoy vaping or smoking. Many also feel they would be happier if they quit. Nicotine is such an addictive substance, it tricks your brain into thinking you want to vape or smoke. Luckily you can re-train your brain so you don't have the urge any more.

Getting off of nicotine can positively impact how you feel everyday. It's true that there are many factors that affect your daily mental health, however, if you've noticed your anxiety increasing, or worsening depression symptoms since you started vaping, it's probably not a coincidence. Quitting nicotine can reduce your stress, anxiety, and depression. Studies show that stopping the intake of nicotine from vaping or smoking may have as strong an impact on your mental health as taking antidepressants!

If you're considering quitting vaping or smoking it can be easier when you prepare in advance, have a plan, and talk to your healthcare provider.

Handling setbacks

It's not easy, and setbacks happen. Don't let a slip be a reason to give up on quitting. It can feel discouraging, but remind yourself how far you've come. Be proud of all the times that you didn't reach for your vape or smokes. You have not failed, and you're not back to square one.

Figure out why it happened, and come up with a plan to prevent it from happening again. Think about what you will do differently the next time you find yourself in the same situation. Re-commit to the quit.

Asking for help

Talking to your teacher or school counsellor is a great first step. Here are some other ways to get support:

Be specific about what you need from your family and friends.

Whether you need tough love or something softer, describe what type of support you want, and how often you want their help. For example, if you are feeling stressed or anxious after school, ask a friend to help keep you distracted.

Talk to a healthcare provider.

Talk to your doctor or another healthcare provider about how to quit vaping or smoking. Ask how they might be able to help you. They can offer support and resources.

Steps you can take to help you quit vaping or smoking

1. List your reasons for quitting

Make a list of all the reasons that you want to quit vaping or smoking and put it in a place where you will see it often. It might help to keep the list on your phone. It will help you to stay on track. Possible reasons include:

- ***I want to have more money.*** No money, no funny. Save the cash you spend each week, month, or year on vaping or smoking.
- ***I want my dating life to be better.*** Up your kissing game. People often say that they prefer dating and kissing people who don't vape or smoke.
- ***I want a job.*** Make the job hunt easier. You have a better chance of being hired if you're don't vape or smoke.
- ***I want to feel better.*** You won't get tired as quickly and will have more restful sleeps. Good vibes only.
- ***I want to be in control my life.*** No more racing outside between classes or at lunch because you need to vape or smoke. Fill up your own cup.

When you feel the urge to vape or smoke, take a look at the list to remind yourself why you want to quit.

2. Pick a quit date

Take a look at your calendar and be strategic about when it would be a good time to quit. Choose a date that is no more than a week or two away. Try not to pick a quit date that will be stressful, like the day before a big test, or where there's too many temptations, like a party.

3. Imagine your vape or smoke-free self

Start thinking of yourself as someone who doesn't vape or smoke. This will help separate you from vaping or smoking and give you the confidence to quit and stay quit.

4. Build your team

Spend time with people who make you feel good about your decision and who want you to quit. Friends, family, and others can be there to listen, boost your mood and distract you from using your vape or smoking.

5. Deal with people who don't get it

Some important people in your life may not understand your decision to quit. If you have friends who vape or smoke, ask them not to do it around you. You can also say why you don't want to: "I'm trying to quit smoking," or "I have asthma, and vaping makes it worse."

Also, ask the person not to ask you again: "I'm cool with my decision, so don't ask me again." If they pressure you, ask them to respect your opinion: "I don't give you a hard time, so why are you giving me a hard time?"

If that doesn't work you may need to take a break from them when you first quit. Let them know that you need to make quitting vaping or smoking your priority right now.

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6. Cut back your nicotine use

Limit the number of time(s) you use any nicotine product. Try to use less than daily. If using daily, try not to use more than once every 3 to 4 hours.

7. Learn your triggers

You may crave nicotine. But certain people (friends who vape or smoke), feelings (stressing about an exam), or situations (a big party), can also cause you to want to vape or smoke. It's important to know your triggers.

8. Beat your triggers

Think about how you'll fight cravings and deal with withdrawal symptoms. Having strategies for handling thoughts about vaping or smoking or uncomfortable feelings will help you stay quit in those tough moments.

Do something else.

When a craving hits, stop what you're doing and do something different. Sometimes, just changing your routine helps you shake off a craving.

Get active.

Take a quick walk, or do 10 pushups, or go up and down the stairs a few times. Physical activity, even in short bursts, can help boost your energy and beat a craving.

Stop and breathe.

Breathe in slowly through your nose and breathe out slowly through your mouth. Repeat this 10 times to help you relax until the craving passes.

Text with or talk to someone.

Supportive people in your life can help you stay strong in moments when the urges are tough to handle

Play a game on your phone.

Tune out of your troubles with a game to distract you from a craving.

Revisit your list of reasons for quitting.

Look back at your list and remind yourself to keep calm and remember all the awesome reasons you're quitting.

Remember: Nicotine cravings are temporary and will fade over time the longer you stay quit.

9. Create your quit plan

Create a personalized quit plan to help you stay confident and motivated to quit vaping or smoking. Having a plan for handling the tough times can help you stay on track and increases your chances of quitting successfully.

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My quit plan

Quitting vaping or smoking can be easier if you have a plan. Making your personalized quit plan will keep you on track, help you through hard times, and increase your chances of quitting. Making a plan takes you through the steps that will get you ready for quitting and it can get you motivated too.

Step 1. Set your quit date

Choose a day that is no more than a week or two away. Picking a day too far away gives you time to change your mind. Set yourself up for success. Try not to pick a date that will be stressful, like the day of a test, concert, or big game.

- I've picked my quit date. My quit date is: _____
- I'm not ready yet (that's okay, you can still start a plan)

Step 2. Figure out how much money you spend on vaping and/or smoking.

Estimate how much, on average, you spend per week. Include everything: vapes, pods, vape juice, etc.

I spend about \$ _____ on vaping/smoking a week.

Step 3. Think about how vaping and/or smoking affects your life.

Thinking about how vaping or smoking is affecting your life can help you understand why you want to quit and motivate you when times get tough.

Since I've started vaping/smoking, I've noticed that:

- It's affecting my health
- I'm spending too much money
- It's hard to get vapes/smokes
- It's hurting my sports performance
- I'm losing control over my life
- I don't feel like myself
- It's hard to concentrate
- I'm getting in trouble for vaping/smoking
- Some of my relationships have changed

Step 4. Think about your reasons for quitting.

Knowing your reasons for why you want to quit can help you stay motivated and on track, especially in difficult moments. If you don't see your reason for quitting on this list, write your reason in your phone and revisit it when times get tough.

I want to quit:

- To take back control.
- To do better in school
- To set a good example
- Because my friends are quitting too
- For my health
- To feel better about myself
- Because my parents want me to quit
- To save money

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Step 5. Think about what makes you want to vape or smoke.

After you stop vaping or smoking, certain places and situations can remind you of vaping or smoking and make it hard to stay vape- or smoke-free. Use this list to find out what makes you want to vape or smoke. These are common situations, but there are more.

Social situations

- Seeing someone else vape/smoke
- Smelling aerosol from a vape
- Hanging out with friends who vape, smoke or use another tobacco product
- Going to a party or other social event
- Studying with friends
- Being offered a vape or new flavour
- Seeing vapes or smoking on social media

Nicotine withdrawal

- Waking up in the morning
- Feeling like I need to vape or smoke all the time
- Feeling irritable if I haven't vaped or smoked in a while
- Having a hard time concentrating
- Feeling restless or jumpy

Everyday situations

- Going into the school bathroom
- Seeing ads for vapes throughout the day
- Studying or doing homework
- Watching TV or playing video games
- Walking or driving

My emotions

- Stressed or overwhelmed
- Anxious, worried, or nervous
- Lonely
- Bored
- Sad, down, or depressed
- Frustrated or upset after an argument
- Happy or excited

Step 6. Plan ahead for when a craving hits.

Now come up with a strategy to fight the urge. Knowing what you'll do ahead of time will help you until the feeling of wanting to vape or smoke goes away. Come up with more ideas to try on your own. Keep trying new things until you find what works for you.

- Distract myself by changing my focus on what I'm doing or thinking about.
- Look back at my reasons to quit for motivation.
- Have a mint or chew some gum.
- Play a game or make a video on my phone.
- Go somewhere people are not vaping or smoking, or that it is not allowed.
- Drink a glass of water.
- Notice the craving, take some deep breaths, then feel it pass away over time.
- Text or call a friend or family member who supports me in quitting vaping or smoking.
- Call or have an online chat with a trained quit coach, or members of a peer support group.

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Step 7. Get support to help you quit

Thinking about who can support you and being prepared to handle hard times can keep you on track and increase your chances of saying goodbye to vaping or smoking forever. Pick as many options as you want.

For support, I will:

- | | |
|--|--|
| <input type="checkbox"/> Tell a friend that I am quitting. | <input type="checkbox"/> Share my plans to quit with a trusted adult, like a teacher, school counsellor, or close family member. |
| <input type="checkbox"/> Talk to my parents, elders or guardians. | <input type="checkbox"/> Call or chat online with a quit coach to get confidential help with quitting. |
| <input type="checkbox"/> Ask for help from a doctor, nurse, respiratory therapist or pharmacist. | <input type="checkbox"/> I don't need support right now. |

Step 8. Prepare for your Quit Day.

Thinking about how you'll get ready to quit and how you'll handle difficult situations can help you stay committed.

To help me succeed, I will:

- | | |
|---|--|
| <input type="checkbox"/> Throw away my vapes, e-liquid bottles, pods, and chargers on or before Quit Day. | <input type="checkbox"/> Ask my friends to not offer me their vape or smokes. |
| <input type="checkbox"/> Throw away my smokes and matches. | <input type="checkbox"/> Practice what to do or say if I am around other people who are vaping or smoking. |
| <input type="checkbox"/> Hide lighters and ashtrays on or before Quit Day. | <input type="checkbox"/> Switch up my routine to avoid reminders of vaping or smoking. |
| <input type="checkbox"/> Distract myself. | <input type="checkbox"/> I'm okay not planning right now. |

Step 9. Quit all products that contain tobacco or nicotine.

Some people who vape or smoke use other tobacco and nicotine products. To give yourself the best chance for quitting, it's important to quit using everything.

- If I use other tobacco or nicotine products, I will plan to stop using those too.