



Tips and resources to help quit vaping

Quitting vaping can be challenging, but there are things you can do to make it easier. It's important to identify your triggers and create a plan of action to avoid returning to use.

If you experience 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, you are not defeated, just restart your quitting plan.

Mindfulness resources to help manage stress and cravings

Mindfulness practices will help you most if you practice 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.
- Use this [Hoberman sphere video](#) to focus on your breathing.
- Try things to keep your hands and mind focused like coloring, playing with clay or foam or making and playing with slime.
- Watch [Take 5 mindfulness videos](#).
- Visit [Mindfulness for Teens](#) from Dr. Dzung Vo.
- Use the [Headspace website](#) or app.

Resources you can use to quit vaping

TeenSmokefree.gov (teen.smokefree.gov)

- Teen-specific, web-based Quit Plan tool
- Text support and app support
- Teen specific management triggers and cravings

Truth Initiative (truthinitiative.org)

- For teens and young adults
- “This is Quitting”
- Free app: Teen DITCHJUUL - Text: 88709
- Parent resource: QUIT to (202) 899-7550

Wisconsin Quit Line (quitline.wisc.edu)

- 24/7 phone call or via web
- Free coach
- Medication or Nicotine replacement therapy (NRT) for 18 years or older
- 1-800-Quit-Now or text READY to 200-400

My Life, My Quit (mylifemyquit.com)

Teen-focused, confidential quit line

American Lung Association (lung.org)

Quitting information, school-based programs

Aspire (aspire2.mdanderson.org)

MD Anderson Cancer Center teen web-based quit assistance