



**COMMIT  
TO QUIT  
VAPING**

# TAKE BACK CONTROL

**NICOTINE ADDICTION CAN MAKE YOU FEEL LIKE YOU CAN'T GO A MINUTE WITHOUT VAPING. QUITTING CAN HELP YOU FEEL MORE IN CONTROL OF YOUR LIFE.**

## **FOR YOUNG ADULTS: HOW TO QUIT VAPING**

Quitting vaping can be easier when you prepare in advance and have a plan. Follow these steps and get ready to quit vaping. Using nicotine at a young age can rewire brains to become more easily addicted to other drugs. Nicotine can have other long-lasting effects on brain development, making it harder to concentrate, learn, and control impulses.



**VAPES  
DOWN**

## **USE TOOLS TO HELP YOU QUIT**

Quitting tobacco is easier when you have support.

### **TEXT VAPEFREETX TO 88709**

You will receive free, anonymous, 24/7 support designed specifically for you.

**BUILD YOUR TEAM**—Surrounding yourself with supportive people can make it easier to quit vaping. Friends, family, co-workers, and others can be there to listen, boost your mood, and distract you from thinking about vaping.

**ASK FOR HELP**—You don't have to do it alone. If you feel comfortable, tell your friends and family that you're quitting vaping and that you will need their support. Be specific about what kind of support you need.

- Say thank you.
- Tell your friends and family that you appreciate them.
- Support others. Check in with your friends and ask them what you can do to help them.



TEXT  
VAPEFREEXTX  
TO 88709



It might be hard to imagine your life without e-cigarettes – especially if vaping is something you do a lot throughout the day. You might feel like a piece of yourself is missing when you first quit. It can take time to get used to the new vape-free you, but over time this will become your new normal. **Here are some strategies that can help:**

- Make the mental shift. Start thinking of yourself as someone who doesn't vape. This will help separate you from vaping and give you the confidence to quit and stay quit.
- Focus on the positive. Make a list of all the positive things about yourself that don't involve vaping and put it somewhere you can see it often. It will remind you that vaping does not define who you are.
- Picture the future you. Think about who you want to be in the future. Compare that with who you are now. Ask yourself: How are they different? How does vaping get in the way of what you want for the future? The answer can help motivate you to stick with your decision to quit.

Dealing with people who don't get it. Some important people in your life may not understand your decision to quit. It can be frustrating or discouraging when someone in your life is not as supportive as you'd like. **Try one of these strategies:**

- Distance yourself. You may need to take a break from unsupportive people when you first quit. Let them know that you need to make quitting vaping a priority.
- Recommit to quitting. Remind yourself why you are quitting and why being vape-free is important to you.
- Ask them to respect your decision. Not everyone will know how to be supportive, and that's okay. Ask them not to vape around you or offer you to use their vape.



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

[dshs.texas.gov](https://dshs.texas.gov)