



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.

dshs.texas.gov/vaping

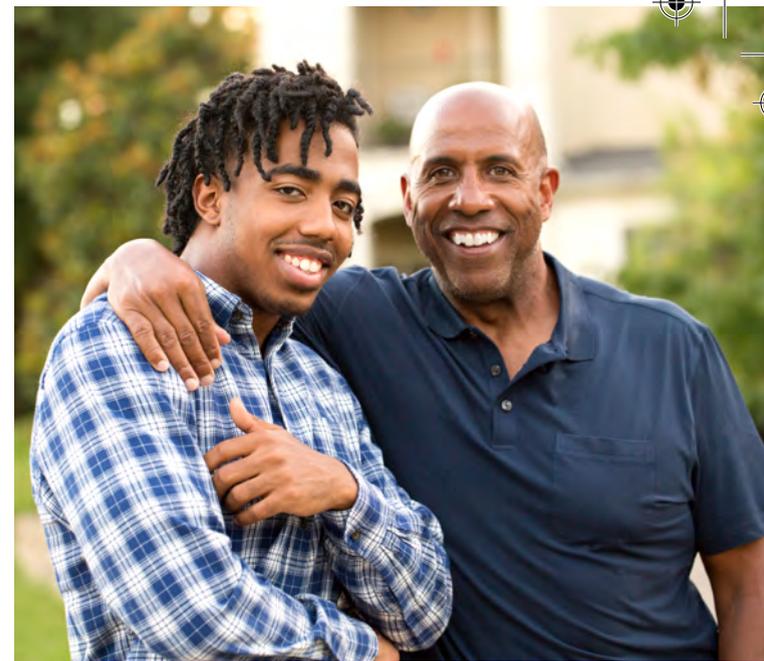
VAPE JUICE INGREDIENTS

There are many harmful chemicals in vape liquid. The most recognizable ones are lead, cyanide, formaldehyde, and acetone.

- Benzene is found in car exhaust, pesticides and gasoline.
- Heavy metals, such as nickel, tin, and lead.
- Isoprene is used to make synthetic rubber.
- Diethylene glycol is a chemical used in antifreeze.
- Acetaldehyde is a poisonous solvent and paint stripper.
- Cadmium is a heavy metal used in car batteries.
- Acetone is a nail polish remover and paint thinner.
- Formaldehyde is used to preserve dead bodies and frogs (in biology lab).
- Flavoring may be added to disguise chemicals.

Vape companies are not being transparent with you. Even they don't know the impact of vaping. Their priority is making money.

- The vaping industry doesn't know the consequences of vaping yet – you are essentially a test subject for the industry.
- The industry's goal is to make money; it could be at the cost of your health.



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.

VAPES DOWN



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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.



TEXT VAPEFREETX TO 88709 TO ENROLL TODAY!

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 though this program. designed specifically for you.

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Imagine Your Vape-Free Self

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.

KNOW WHAT CHALLENGES TO EXPECT

Learn your triggers. Certain people, feelings, or situations can cause you to want to vape. Try to avoid situations that can trigger you to vape when you're in the early stages of quitting.



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.

#VAPESDOWN