



QUICK AND EASY TIPS TO SUPPORT QUITTING

Help end the e-cigarette trend today!



1 SET A QUIT DATE

Setting a quit date can help you get ready to quit. Pick a date within the next week and set a reminder on your phone! This will help you stick to your decision to quit.¹

2 FIND YOUR SUPPORT!



Friends and family can be a great support system! Find a few people you are comfortable with and talk with them about your desire to quit. They can help you stick with your goals.¹

3 WHAT TO EXPECT

Here are some of the most common signs of Nicotine withdrawal:

- Feeling irritable, hungry, jittery, sad, anxious, or tired.
- Experiencing headaches and increased sweating.
- Having trouble concentrating and sleeping.

If you are experiencing these signs, it is OK!²



4 USE A DISTRACTION

Nicotine cravings typically only last for a few minutes. If you distract yourself with something else, it will help you forget about your craving! Ideas include talking to a friend, listening to music, reading a book, or exercising!³



5 EXERCISE

Exercise can help give your brain endorphins to boost your mood and keep your mind off your cravings! You can exercise by playing some basketball, going for a run, or even doing stretches.³



6 YOU ARE NOT ALONE

You can call or text to talk with an expert about quitting. Some available resources are:

- My Life My Quit: Text "Start My Quit" to 855.891.9989
- Call 1-800-QUIT NOW (1-800-784-8669)
- This is Quitting: Text "KENTUCKY" to 88709



ICANENDTHETREND@UKY.EDU

@ICANENDTHETREND



1. <https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping>
2. <https://teen.smokefree.gov/quit-vaping/vaping-addiction-nicotine-withdrawal>
3. <https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-vaping-here-are-5-tips-handling-nicotine>