

CALIFORNIA YOUTH ADVOCACY NETWORK

DIGITAL QUIT KIT

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DECIDING TO QUIT TOBACCO

Congratulations on thinking about quitting using tobacco or vaping. **Quitting tobacco is the single best decision you can make for your health!** Research shows that quit attempts are more successful with support and preparation. This virtual quit kit provides resources, tips, and tools to help you best prepare for your quit journey. The majority of the items listed in this kit are either low cost or can be found around the house, and all of the resources and apps provided are free and anonymous.

START HERE: PLANNING YOUR QUIT

Pick a Date to Quit: Setting a quit date means you are serious. Circle it on your calendar, put it in your phone, and tell your friends. Do something special on that day to celebrate the start of living smoke or tobacco-free.

Know Your Why: Think about why you want to stop using tobacco. Knowing why you are quitting will help you better manage the urge to vape or use tobacco. Make a list of why you want to quit: for your health, to save money, for your family, to set a good example for younger siblings, to breathe and exercise with ease, or to break the cycle of addiction - write them all down!

Identify Your Triggers: Start to think about and write down what makes you more likely to vape or use tobacco. Is it being around friends who vape? Drinking alcohol or caffeine? When you feel stressed or bored? Smelling vapor or smoke? Driving? Once you know the things you usually do when you vape or use tobacco or the things that make you want to, create a plan to do something different in that situation. For example, when I feel stressed and want to vape, I will take five deep breaths to calm down.

Build your Support Team: Quit attempts are more successful with a support team. Tell a friend or family member that you are quitting and text or call them whenever you have cravings. Download and use the free quit apps or text/call the California Smoker's Helpline. You don't have to do this alone - there is support!

Be Prepared with Healthy Snacks: Part of quitting means breaking your hand and mouth fixation. Healthy, crunchy snacks are one way to address this, and they also prevent you from snacking on sugary or processed snack items that may cause weight gain. Stock up on seeds, nuts, apples, carrots, beef jerky, and other healthy snacks that are easy to grab.

DURING YOUR QUIT: MANAGING TRIGGERS & CRAVINGS

Most vaping and tobacco cravings only last 3-to-5 minutes and get weaker and less frequent with time.

Things you can do to distract yourself during a craving:

- Read your 'why' list.
- Reach out to your support team of friends and apps.
- Exercise or take a walk.
- Take deep breaths or meditate.
- Play a game on your phone.
- Listen to music and sing along.
- Organize & clean spaces in your home.
- Garden or do yard work.
- Take a bath or shower.
- Check social media or read a quick article.
- Write in a journal (see page 05 for ideas).

Things you can do to calm cravings:

- Have a cup of warm tea or a soothing warm drink.
- Drink Water. Staying hydrated helps to calm cravings and you can get creative with flavors (see page 05 for recipes).
- Chew on toothpicks that are infused with essential oils like peppermint, cinnamon, or tea tree oil (see page 06 for recipes).
- Chew on gum, hard candies, seeds, or mints.
- Talk to a health care provider about using Nicotine Replacement Therapies (NRTs). Nicotine patches and gum can be helpful for quitting tobacco.

CREATE A QUIT JOURNAL

Journaling can be an extremely helpful activity when quitting tobacco and vaping. Writing in a journal is great way to relax, ease stress and anxiety, and to distract yourself during tobacco cravings. Keeping a quit journal provides an outlet for you to document each phase of your tobacco-free journey. Remember to keep your quit journal handy and read it whenever you are struggling with a craving or trigger. You can also use your quit journal to revisit why you decided to quit tobacco during tough moments and reflect on how far you've come .

Below are prompts to help you get started with your quit journal. You can use a notebook, or treat yourself to a special journal and colored pens. There also several helpful bullet journal tutorials online if you want to get creative with your quit journal.

Quit Planning:

- Set a quit date!
- Why am I quitting?
- Who is my support team?
- What additional resources can I use to support my quit?

Identifying Triggers:

- What are some things that might prompt me to vape or use tobacco? (e.g. feelings, people, routines)
- What are alternatives I can do instead of using tobacco?

Slips and Setbacks:

Quitting is a process, not an event and it's normal to have setbacks during your quit attempt. Having a slip, or using tobacco after you quit, is an opportunity to learn from the challenge and make a stronger quit plan.

- What prompted me to vape or use tobacco?
- What can I do differently next time?
- What support do I need to address trigger?

TOOTHPICK & WATER RECIPES

ESSENTIAL OIL TOOTHPICKS

- Box of toothpicks
- Cinnamon, mint, or tea tree oil
- Small glass jar with lid

Place the toothpicks in a glass jar and pour 1-2 ounces of the essential oil over them and seal. Let the toothpicks soak overnight or longer if you desire a stronger flavor. Transfer the toothpicks to a baking sheet to dry and then store in an airtight container.

FLAVORED WATER

- Glass jar or water bottle
- Fruit of your choice
- Fresh mint (optional)

Add fruit to the bottom of the jar or water bottle and fill with cold water. Stir well and press lightly on the fruit to release the flavor. Refrigerate for one hour, or longer for a stronger taste.

SUPPORT & RESOURCES: FREE AND ANONYMOUS QUIT TOOLS

California Smokers' Helpline

A website, telephone helpline, and app created for teens to #quitvaping.

www.novapes.org

1-844-8-NOVAPE

Text 'Quit Vaping' to 66819

The California Smokers' Helpline also offers free NRTs and phone. counseling.

1-800 -NO-BUTTS

quitSTART App

An app to help you track your quitting progress. Earn badges, get tips on how to manage tough days, and play games to help distract yourself from cravings.

teen.smokefree.gov/become-smokefree/quitstart-app

SmokefreeTXT for Teens

A resource for teens that offers advice, quit support, and motivation to remain nicotine and tobacco free.

www.teen.smokefree.gov

Text 'QUIT' to 47848

This is Quitting App and Text

The app has activities to help you quit vaping or using other tobacco products. You can also speak with a counselor 24/7.

www.thisisquitting.com

Text 'DITCHJUUL' to 88709