

Resources for Those Looking to Quit Tobacco Products, Including E-Cigarettes

Truth Initiative: <https://truthinitiative.org/>

Truth Initiative is America's largest nonprofit public health organization committed to making tobacco use a thing of the past.

Smokefree Teen: <https://teen.smokefree.gov/>

Text "QUIT" to 47848.

This is Quitting: <https://www.thetruth.com/articles/hot-topic/quit-vaping>

This is Quitting is a mobile program designed by Truth Initiative to help young people quit with inspiration from others like them.

New Jersey Quitline: <http://njquitline.org/>

NJ Quitline is a free telephone-counseling service for smokers who are ready to stop. Call today and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success.

BecomeAnEx: <http://www.becomeanex.org>

This is a free, digital quit-smoking plan and community that offers customized quit plans and text messages for support quitting smoking or vaping.

Mom's Quit Connection: <http://momsquit.com/>

Whether you're pregnant, a mom, dad, grandparent or family member living with a young child, quitting smoking is one of the best things that you can do for yourself and your family. But it's not easy. That's where Moms Quit Connection for Families comes in.

CHOICES: <https://www.njchoices.org/>

Our goal is to increase awareness of the importance of addressing tobacco use and to create a strong peer support network that encourages mental health consumers to make a positive healthy lifestyle change by addressing smoking and tobacco use.

Incorruptible Us: <https://incorruptible.us/>

Don't be Big Tobacco's Tool.

Don't Get Vaped In: <https://www.dontgetvapedin.com/>

Make a choice. Say no to getting hooked on tobacco.

The Real Cost!: <https://therealcost.betobaccofree.hhs.gov/?g=t>

Know the real cost of vaping.

Parents Against Vaping E-cigs: <https://www.parentsagainstvaping.org/>

A grassroots response to the most serious adolescent public-health crisis our country has faced in decades.



Westfield Regional Health Department

P. 908-789-4070

www.westfieldnj.gov/health

Contractual Health Department for:

Chatham Borough

Fanwood

Garwood

Mountainside

New Providence

Roselle Park

Summit

Westfield

5 TIPS FOR QUITTING VAPING

It's one of the biggest challenges to quitting both cigarettes and e-cigarettes: coping with cravings from nicotine withdrawal.

Although research on quitting e-cigarettes is in the early stages, that doesn't mean we don't have plenty of good information about how to deal with nicotine withdrawal. Since nicotine is what makes e-cigarettes addictive, quitting e-cigarettes shares similarities to quitting regular cigarettes or other tobacco products.

Dr. J. Taylor Hays, professor at the Mayo Clinic College of Medicine and director of the Mayo Clinic Nicotine Dependence Center, regularly takes on this topic in his blog in the EX Community on **BecomeAnEX®**, a digital quit-smoking program developed by Truth Initiative® in collaboration with Mayo Clinic. We rounded up some of Hays' top tips for handling withdrawal symptoms.

1. Exercise.

Physical activity is a reliable way to crush a craving, according to Hays. "Instead of using nicotine to get that 'feel good' response in the brain, you are doing it more naturally thanks to the endorphin boost you can get from physical activity," he says. Even a short walk can do the trick, as can something fun like playing ultimate frisbee, taking a swing at batting cages or doing yoga in your bedroom.

2. Use a distraction.

Cravings will pass, if you can give them a minute or two. Purposefully using a distraction to take your mind off the craving will help speed up the process. "Find the activities that will keep your mind engaged for those few minutes," Hays says. These can include things like reading a blog, listening to music, playing a game, solving a puzzle or doodling.

3. Set up your environment for success.

Hays recommends creating a temptation-free home, such as throwing out anything that reminds you of vaping. Make sure your room, backpacks, purses and pockets are free of any e-cigarettes and things you need to vape. Then, let your friends know you're trying to quit so they don't bring vaping items around you that could trigger a craving.

4. Find stress solutions.

Many people turn to vaping when they're stressed out, which sets up a vicious cycle of cravings. Hays points out that this way of confronting stress is only a "Band-Aid." Now is a great time to examine your stress coping skills. "Developing healthy, effective alternatives to stress now will benefit you for the rest of your years. Things as simple as deep breathing, drinking water or talking to a friend are ways to re-energize yourself and let the stress go," Hays says.

5. Celebrate your accomplishments.

Experts say that recognizing and celebrating accomplishments when you're quitting can boost resistance to stress and cravings. Even making it through your first few hours is a big accomplishment. "Each and every moment tobacco-free is a moment to be welcomed and celebrated," Hays says.

<https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-vaping-here-are-5-tips-handling-nicotine>