

# IS IT TIME TO DROP THE VAPE?

VAPES  
DOWN

Many people vape to ease stress but vaping actually causes stress and anxiety. It can have negative consequences on your future, causing brain fog, dependency, and poor athletic performance. Vaping is addictive and hard to quit.

## READY TO DROP THE VAPE?

Visit **LiveVapeFree.com** to get help with:

- ▶ Your first day without vaping
- ▶ Dealing with vape cravings
- ▶ Understanding your vaping triggers
- ▶ Vaping addiction and nicotine withdrawal

## ARE YOU ADDICTED?

**If you answer yes to one or more questions, there is a good chance you are addicted to vaping.**

Do you continue to vape even though you want to stop or think it's hurting you in some way?  Yes  No

Do you feel anxious or irritable when you want to use your vape but can't?  Yes  No

Do thoughts about vaping interrupt you when you're focused on other activities?  Yes  No

Do you still vape after getting in trouble with your parents or at school for vaping?  Yes  No

Have you ever tried to stop vaping but couldn't?  Yes  No

Do you feel like you have lost control over your vaping?  Yes  No

Do you hide your vaping from others?  Yes  No



Texas Department of State  
Health Services