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 4 Quick Tips to Put Down the Juul

 What is vaping? And why do college students think it is better than cigarettes? These vaping devices are designed to simulate cigarette or cigar smoking using aerosolized vapor instead of smoke. Nicotine stimulates a [series of bodily reactions](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4363846/) induced by adrenaline, including an excess release of glucose and an increase in heart rate, breathing rate and blood pressure (Heid). That's why people who vape or smoke feel the familiar rush of alertness and happiness. Because these products don’t have the same chemical makeup of cigarettes and avoid the damaging effects of smoke, some brands have pitched and marketed e-cigarettes as a safer alternative to regular cigarettes. But as vaping use increases, health risks are becoming more evident among users. Here are four quick tips for everyone to follow who is trying to put down the juul for good:

1. **Find triggers that make you crave your juul**

There are three elements that cause a habit. A trigger, a routine, and then a reward (Truth Initiative). First, you need to think about when and where you usually begin to vape. For example, let’s say you meet up with friends in someone’s room or apartment after all your classes are done, and everyone begins vaping. Therefore, your trigger is social hour. Your routine is vaping with friends after classes. And your reward is a nicotine rush while hanging out with your friends. Overall, to change any habit, you must first identify the triggers.

1. **Replace the juul with another activity that makes you feel better**

The hardest thing when quitting the juul is finding a replacement activity that makes you feel equivalent to or even better than nicotine does. Students who have used vaping devices in the past and have had the power to quit, now enjoy activities such as, exercising, arts and crafts, meditation, and much more. Everyone is different, which means you must find what works best for you. It’s okay to try a couple activities and see which one you like best. Whatever will make you forget about and not desire the juul.

1. **Research the health risks of juuling**

If you are in desperate need to quit the juul, researching the health risks might as well scare you enough. Aside from the weird reactions inside your body, [n](https://www.medicalnewstoday.com/articles/240820.php)icotine is linked to a long and concerning list of side effects, including increased risk of blood clots, artery hardening, [seizures](https://www.cnet.com/health/fda-investigating-120-reports-of-possible-vaping-related-seizures/), peptic ulcers, irregular heartbeat and lung spasms (Truth Initiative). Most importantly, for students who are vaping, nicotine can harm the prefrontal cortex, the area of the brain responsible for decision-making, logic, and personality traits.

1. **Make a plan and get support**

To begin, write down all the reasons you want or need to quit juuling. Next, come up with tactics to help you avoid your usual vaping places or habits and to manage cravings. And most importantly, tell your friends and family about your plan to help them hold you accountable for your actions. When it comes to addiction, you should have a supportive circle of people who can help keep you on the right track. In addition, sharing your intentions means you will also be able to share and celebrate your progress down the road, which can ultimately serve as further motivation for quitting completely.

References

“How to Quit JUULing.” *Truth Initiative*, 7 Feb. 2019, truthinitiative.org/research-resources/quitting-smoking-vaping/how-quit-juul.

Heid, Markham. “Your Juul Is Wrecking You. Here's How to Kick the Habit.” *Men's Health*, Men's Health, 9 Aug. 2019, www.menshealth.com/health/a27196508/how-to-quit-juuling/.



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