**Escape the Vape!**

Let us be honest… Vaping is nothing out of the ordinary for college students. Students smoke their e-cigarettes while walking to class, out with friends, in their dorm rooms, and in restaurants*.* Fighting urges to vape is already hard enough, but it can be especially difficult when everyone on campus is smoking e-cigarettes as well.

● Between 2017 and 2019, University of Michigan’s annual U.S. national Monitoring the Future Panel Study found that vaping nicotine increased from 6% to 22% among college students.

If you are one of the many students who vapes, and who is trying to stop, we are here to help. Below, we provided four questions that we think can lead you down the right path.

**Why do you want to quit?**

While nicotine is horrible for your health, it is also highly addictive, and it can be much harder to stop if you start smoking at a younger age. This is because the adolescent brain continues to develop into the early to mid-20’s and nicotine can have a negative effect on its development. Reasons to quit may include:

● Vaping is too expensive.

● Vaping is distracting you from work.

● Vaping makes you feel unwell.

**What are your triggers?**

Remember triggers can be physical, social, or emotional. Triggers can include: ● Boredom, Stress, & Loneliness

● Taking a break from work

● Social outings with friends

You can also be experiencing nicotine withdrawals if you are having headaches, feeling anxious, or having trouble sleeping. Nicotine withdrawals are due to a decrease in nicotine levels in your bloodstream. It is important to identify your nicotine triggers so you can steer clear of them.

**When do you want to quit by?**

Although it is advised for you to quit sooner rather than later, it is important to plan. You can make a virtual plan on https://teen.smokefree.gov/vaping-quit-plan or write one in a book. It is better to have a schedule to guide you in the right direction.

**Do you have a good support system?**

Trying to quit vaping is already difficult enough but having a good support system can make it easier. Surround yourself with people who will support you rather than urge you to continue vaping. Find people who will help you make a change towards a healthier lifestyle.