



Tips for Managing Stress and Anxiety

You can manage feelings of stress and anxiety without reaching for your vape. Try these ideas - some may work better than others, so find the ones that work for you.

- Stop and breathe
- Learn your anxiety triggers
- Move your body
- Care for yourself
- Be present
- Decaffeinate
- Reach out to loved ones
- Accept life's ups and downs



ADAPTED FROM: [HTTPS://TEEN.SMOKEFREE.GOV/QUIT-VAPING/ANXIETY-STRESS-VAPING](https://teen.smokefree.gov/quit-vaping/anxiety-stress-vaping)