



# VAPING

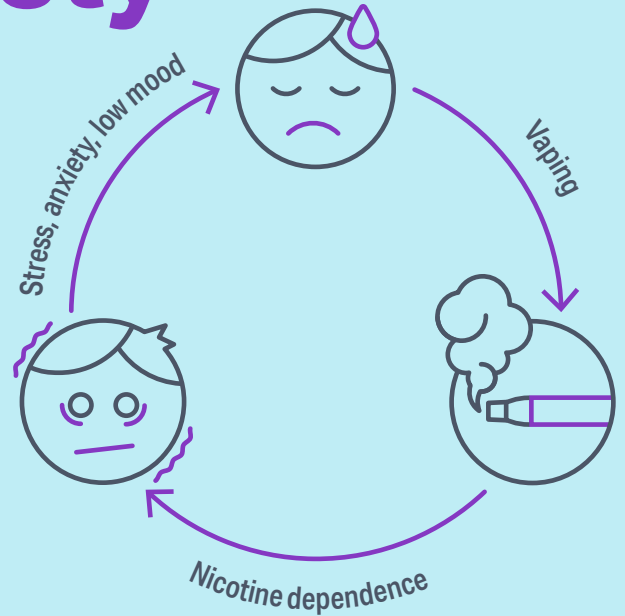
## Stress and anxiety

### Vaping stress cycle

When nicotine leaves the body, it can cause withdrawal effects, like feeling anxious, stressed and sad. These effects make the brain crave more nicotine to feel good, but it doesn't last very long. This can create a stress cycle, which keeps people vaping and can make nicotine dependence worse.

Studies show that nicotine can harm the brain, which keeps developing until you're 25. It affects parts that control attention, learning, memory and mood.

Quitting nicotine has many benefits like better mood, and lower levels of stress, anxiety and depression.



### Ways to cope with stress and anxiety instead of vaping

- **Keep track** of how you're feeling and seek support if you're worried. Take note of when, where, and who you vape with to help you understand your vaping patterns and 'triggers'.
- **Get active.** Even short bursts of exercise helps your brain release 'feel-good' chemicals.
- **Stay busy** and plan your day. Create a schedule or stick to a daily routine.
- **Have fun.** Find ways to include fun activities in life, and make sure to do something you enjoy every day.
- **Talk.** Chat with supportive friends and loved ones.
- **Be positive.** Accept that there will be bad days, but it won't always be like this.
- **Be present.** Focus on what you can control and stay in the moment. These [mindfulness techniques](#) might be a good place to start.
- **Decaffeinate.** Caffeine can make you feel tense, jittery and stressed. This can make quitting harder. This includes coffee, tea, soft drinks and energy drinks.
- **Stop and breathe.** Interrupting the anxious feeling with conscious breathing can help you calm down and think clearly.

Check out [kidshelpline.com.au/teens/issues/coping-strategies](https://kidshelpline.com.au/teens/issues/coping-strategies) for more tips.

You can also visit [headtohealth.gov.au/support-for-young-people](https://headtohealth.gov.au/support-for-young-people) to connect with trusted services.



### Get the facts about vaping at [healthywa.gov.au/vaping](https://healthywa.gov.au/vaping)

If you think you or a friend might be dependent on vaping, help is available. See your local doctor, youth health service, or other health services for help with quitting vaping. You can also chat to [Quitline](#) (13 7848).

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