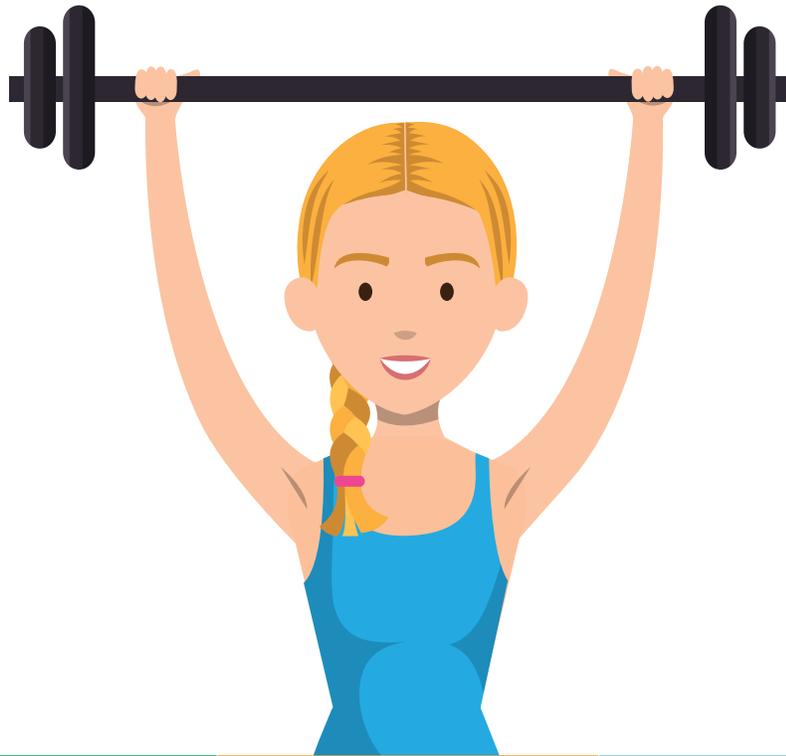


# AVOIDING VAPING TRIGGERS

**INSTRUCTIONS:** Triggers can feel really heavy, but you've got this, you rock! In your small group, talk about how these actions might help someone avoid triggers!



AVOIDING SOCIAL TRIGGERS	AVOIDING EMOTIONAL TRIGGERS	AVOIDING EVERYDAY TRIGGERS
<ul style="list-style-type: none"><li>• Plan ahead</li><li>• Avoid places where vaping occurs</li><li>• Ask friends not to vape around you</li><li>• Take a break from social media</li><li>• Lean on others</li><li>• Think of other ways to have fun and be with friends</li><li>• Be ready for change</li></ul>	<ul style="list-style-type: none"><li>• Take a break</li><li>• Stay active</li><li>• Practice self care</li><li>• Reward yourself!</li><li>• Reach out to others for help: <b>(1-800-QUIT-NOW)</b></li></ul>	<ul style="list-style-type: none"><li>• Throw away vaping devices and accessories</li><li>• Find a replacement behavior</li><li>• Change your routines</li><li>• Stay busy</li><li>• Be careful of idle time<sup>1</sup></li></ul>

1. National Institute of Health. (2020). Understand your vaping triggers. Retrieved from <https://teen.smokefree.gov/quit-vaping/understand-your-vaping-triggers>