



Stephen Hill's Guide to Quit Vaping, Other Drugs, and/or Alcohol



1) Mentally Prepare:

- Commit to quit today, right now, for YOU first.
- Believe it is possible—have faith.
- Accept it won't be easy, especially at the beginning.



2) Find Clarity:

- Make a list of the three main reasons why YOU want to quit
- Look at the list every day, especially at the beginning
- Examples are health, money, and being a role model



3) Take Action - Proactive Relapse Prevention:

- Clean house—get rid of all substances, paraphernalia and anything related to substance use.
- Don't keep a "just in case vape."
 - If you do, you are setting yourself up for failure.
- Put friends and family on notice—"I Quit!"
- Avoid negative influence/temptation as best as you can.
 - People, Places, Things



4) Don't go at this alone - Ask for help:

- School Counselor
- Family/Friends
- Mentor
- Therapist
- Higher Power

4) Become a Wellness Warrior

- Exercise daily (walk, hike, run, weights, yoga, sports)
- Drink water, eat healthy
- Create and follow daily routine



Go to the next page for the rest of the guide.



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1) Action: Reactive Relapse Prevention

If you are exposed to substances or peer pressured...

- Speak up
- Call someone
- Walk away
- Practice positive self-talk



2) Strategies for Coping with Urges & Anxiety:

- Breathe and own the uncomfortable feeling.
 - Don't try to resist the feeling. Let it come, then let it go.
- "It's ok to feel this way. I know this feeling is only temporary."
- MOVE—do something to distract yourself
 - Walk
 - Music
 - Talk
 - Read
 - Pray
 - Go back to your list



Final Words of Wisdom

Do not get discouraged if you have a slip or get off to a rough start. Take it one day at a time and take pride in each day you are sober from nicotine, other drugs, and/or alcohol. It is no easy task and a major accomplishment that you should be very proud of! **YOU GOT THIS!**