



Vaping and mental health

Think vaping helps you with anxiety
and stress?

In reality, it could be making it worse.



Life can be intense and leave you feeling stressed
and anxious.

There are many proven ways to maintain your
mental health without needing to vape.

If you are vaping and want to quit, there's great
support available.

Understanding vaping, nicotine and mental health

It is totally normal to feel stressed, anxious, or down
sometimes. But it is important to know how to deal
with those feelings without turning to vaping.

Advertising and social media may make vaping seem
like a great way to relax, but it's not true. In fact, it can
speed up your heart, which can make you feel even more
stressed out. Nicotine dependence is real, and when you
try to quit, it can leave you feeling anxious or depressed.

Even though it may not be on the label,
one vape can have as much nicotine as 50
cigarettes! That's way more than you'd
think right?

Health risks of vaping

Nicotine and other harmful chemicals are in most vapes and
can cause:

- Damage to your skin, teeth and gums, lungs, and heart
- Irreversible damage to your brain
- Plus, vaping can make you feel more stressed, not less.
Don't fall for the idea that it's an easy way to handle
stress - it's not worth it.

Vaping harms the developing brain

The brain continues to develop until around 25 years old.

Regular use of vapes containing nicotine as a young person
can rewire the way the brain works.

It can affect your:

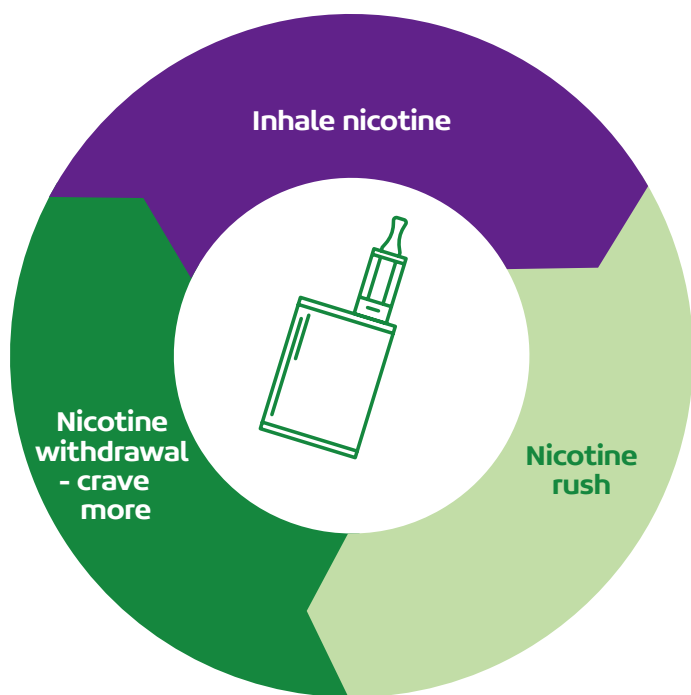
- Memory
- Learning
- Attention
- Ability to control your actions.

How nicotine and vaping work

Nicotine hits your brain super-fast, making you feel good for a bit. But when it wears off, you feel agitated and just want more.

That craving can mess with your head and make you want to vape even more.

It can be a tough temporary cycle to break but your body will re-learn how to function without nicotine.



Nicotine withdrawal symptoms to be aware of:

- Feeling irritated, anxious, or down
- Trouble sleeping
- Not being able to focus or think clearly
- Changes in appetite.

Remember, quitting breaks the cycle and can make you feel better physically and mentally. The best way to quit is to have a plan.

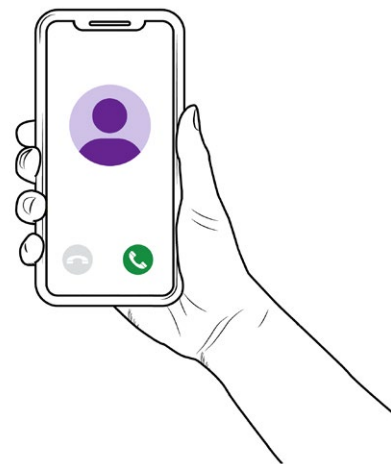
For quitting support, visit your GP or contact Quitline at **13 QUIT (13 7848)** or visit quit.org.au.

For 24/7 mental health support, contact the Kids Helpline (ages 5-25) on **1800 55 1800**.

Tips for managing stress and anxiety

Remember that even though it may feel hard quitting, the withdrawal symptoms won't last forever and you can do this.

- **Be patient, positive, and encouraging.** Remember that everyone's journey is different, so it's important to figure out what works best for you.
- **Quitting might take a few tries, but it's doable.** Withdrawals can make you feel edgy or stressed, but remind yourself that you can do it.
- **Repeat this affirmation: 'Hard but not impossible' to stay motivated.** Quitting is hard, but there is always hope for success.
- **Develop a quit plan.** Quitline has a range of resources to give you ideas.
- **Find new ways to chill without vaping.** Maybe make a playlist of songs that make you happy, watch a movie or chew gum.
- **Figure out what makes you reach for the vape.** Maybe it is stress or boredom? Find healthier distractions like deep breathing, going for a walk, or doing yoga.
- **Stay connected.** This can include others who are also quitting or seeking support. Share your experiences and tips together.
- **Getting other support.** Talking to a professional can make a big difference.



 **For further information and support contact Lung Foundation Australia.**

Lungfoundation.com.au | Freecall 1800 654 301 | enquiries@lungfoundation.com.au

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