



Did you know: smoking or vaping nicotine can make you feel more stressed over time?

Find your calm.



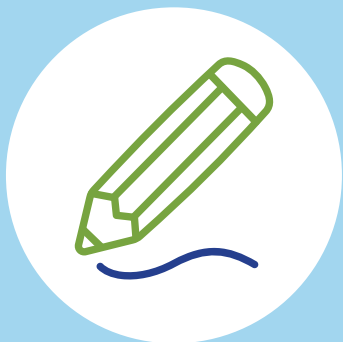
Chill

Take a moment. Step away from the things that stress you out. Unplug from your phone or tablet.



Ahh... breathe!

Try out some square breathing:
breathe in – hold – breathe out – hold.



Let it go

Talk to a friend or write down your thoughts.
Get it out and let it go.



Move

Get active! Move your body—stretch, walk, run, play games! Sometimes you've got to sweat to find your calm.

Quit Tobacco

Using tobacco is going to make you feel more stressed over time. **If you want to find your calm, one of the best things to do is quit tobacco.**

Kick It California

- Visit kickitca.org/chat
- Text **'Quit Vaping'** to **66189**
- Download the free **Kick It: Quit Smoking | Vaping** mobile app

KICK/IT
California

Reference

Holliday, E, et al. (2016). Nicotine, adolescence, and stress: A review of how stress can modulate the negative consequences of adolescent nicotine abuse. *Neuroscience and biobehavioral reviews*, 65, 173–184.