

SELF-CARE IS AN IMPORTANT LIFE SKILL.

It ranks right up there with making and keeping a budget, cooking, cleaning, goal setting, and table manners.

WHY IS SELF-CARE SO IMPORTANT?

If you don't know how to take care of yourself, it will affect your quality of life and physical and mental health. Practicing self-care allows you to feel happiness, to feel in control of your life, and to have peace.

SELF-CARE can be something you choose to DO. Taking a walk, listening to relaxing music, writing out your goals, reading a book, learning a new sport, taking up a hobby, and turning off your cell phone notifications are all ways you can take care of yourself mentally and physically.

SELF-CARE can help you stay calm, cool and collected. But did you know self-care can also be something you choose NOT to do? Choosing not to say "yes" to another commitment when you're already busy, choosing not to stress over things out of your control...all these are things you can control to take care of yourself.

CHOOSING NOT TO VAPE IS SELF-CARE. IT HELPS KEEP YOUR MIND HEALTHY.

Saying "no" is alright when you feel uncomfortable.

Everyone needs to make their own life choices.

Love yourself.

Future plans are within your reach when you take care of yourself!

Choosing healthy habits will pay off.

Allow yourself to relax and just "be."

Remember your goals and who you want to become.

Each day you don't vape helps your brain stay healthy.

JUST

BREATHE

TAKE A DEEP BREATH.

Think about the oxygen going into and out of your body right now. Oxygen is so important to our world! But how often do we stop and think about oxygen?

HERE ARE SOME FAST FACTS ABOUT OXYGEN:

- Oxygen is the third most abundant element in the universe.
- Animals and plants require oxygen to breathe.
- Oxygen gas is colorless, odorless, and tasteless.
- Liquid and solid oxygen are pale blue.
- Approximately two-thirds of the human body's mass is oxygen because oxygen and hydrogen make up water.

OXYGEN IS PRETTY IMPORTANT.

Our brain functioning depends on oxygen. Research shows us that vaping reduces the amount of oxygen in the blood by 20 percent.

WHY RISK IT?

**TAKE CARE OF YOUR BRAIN.
GIVE IT THE OXYGEN IT NEEDS.
CHOOSE NOT TO VAPE.**

**J U S T
B R E A T H e**

OUR ACTIONS EVERY DAY AFFECT HOW WE FEEL ABOUT OURSELVES.

Even when we don't realize it, we respond emotionally to every action we make. **For example:**

- Volunteering or helping a friend makes you feel your life has purpose.
- Standing up for someone when they're being bullied makes you feel brave.
- Working hard on a group project at school well makes you feel valued.
- Doing your best on a sports team makes you feel a sense of belonging.
- Not all of our actions have positive emotional results, however!
- Stealing money from a family member can make you feel guilty.
- Not studying for a test and failing can make you feel irresponsible.
- Losing your retainer, earbuds, or your glasses can make you feel careless.
- Eating too much sugar or junk food can leave you feeling sluggish later.
- Choosing to vape can cause you to feel symptoms of depression.

CARE FOR YOUR MENTAL HEALTH BY CHOOSING NOT TO VAPE.

Over half of teens who vape nicotine, THC, (or both) experience depression symptoms.

Make a list of some of the choices you have made lately. How did they make you feel? What choices can you make at home and school that will help you feel positive feelings?

J U S T

B R E A T H e

IT'S NATURAL TO WANT TO TAKE RISKS AND TEST YOUR OWN ABILITIES.

There's a thrill in mastering a new skill in your favorite sport, passing the next level in a video game, finishing a research paper, or reaching the top of a rock-climbing wall. You feel a rush when you receive an award or find out you got that job you applied for.

Expressing your opinions and learning who you are is an important part of growing up. Sometimes you may even feel like you need to prove yourself. If you've ever felt the urge to try something risky—there's a good reason.

The parts of the teenage brain that control planning and impulses don't completely mature until about age 25. Since your brain is still developing, vaping can affect its development. The nicotine in e-cigarettes can lower impulse control and lead to risky behaviors. Choosing not to vape can help you think clearly when making decisions.

DOES THIS MEAN YOU CAN'T TRY ANYTHING NEW AND EXCITING? OF COURSE NOT! YOU CAN STILL GET AN ADRENALINE RUSH – WITHOUT DAMAGING YOUR BRAIN.

Here are some ways:

- Try a new trick at the skateboard park or on your mountain bike.
- Apply for a promotion if you have a job.
- Sign up to compete in a talent competition or sing-off.
- Go to an indoor rock-climbing gym or high-ropes course.
- Sing karaoke in front of a crowd.
- Try out for a play at the local theater.
- Go to an amusement park and ride a roller coaster.

JUST

BREATHE