



# Tips for **MANAGING STRESS & ANXIETY**

You can manage feelings of stress and anxiety without reaching for your vape. Try these ideas – some may work better than others, so find the ones that work for you.

- Stop and Breathe
- Learn Your Anxiety Triggers
- Shortness of Breath
- Move Your Body
- Care for Yourself
- Be Present
- Decaffeinate
- Reach Out to Loved Ones
- Accept Life's Ups and Downs

