

MY MENTAL HEALTH MATTERS

I DON'T VAPE

I KNOW THAT MY MENTAL HEALTH AFFECTS HOW I THINK, FEEL AND ACT.

Different things can influence my mind. But based on research, I know that vaping can harm mental health, especially in adolescents. The nicotine in vapes can cause anxiety or make it worse.

I'm setting my own rules to protect my mental health.

I DON'T VAPE!

DON'T GIVE UP!

- Bethany Hamilton, a champion professional surfer, lost her left arm in a shark attack, and she continued to surf competitively.
- Morgan Freeman, an Oscar-winning actor, was homeless and unemployed before he became successful.
- Albert Einstein, one of the world's greatest physicists, didn't speak until he was four.

Source: [smokefree.gov/challenges-when-quitting/cravings-triggers/anxiety-smoking](https://www.smokefree.gov/challenges-when-quitting/cravings-triggers/anxiety-smoking)

