

SESSION 7: COPING WITH STRESS

VAPING CAN RELIEVE STRESS, BUT IT ALSO CAN CREATE STRESS.

USE THIS WORKSHEET TO IDENTIFY WAYS THAT VAPING RELIEVES STRESS FOR YOU, AS WELL AS WAYS THAT IT CAUSES YOU STRESS. THINK ABOUT HOW VAPING HAS AFFECTED YOU IN SOCIAL SITUATIONS, AS WELL AS HOW IT HAS AFFECTED YOU PHYSICALLY AND EMOTIONALLY.

HOW HAS VAPING RELIEVED STRESS?

EASIER TO BE SOCIAL

EASIER TO CONCENTRATE

HELPS ME STAY ALERT

ADD YOUR OWN IDEA HERE:

HOW HAS VAPING CAUSED STRESS?

BREATHING PROBLEMS

LYING TO MY FAMILY

WASTING MONEY

ADD YOUR OWN IDEA HERE:

WAYS TO RELIEVE STRESS WITHOUT VAPING:

(MARK THE ONES THAT MIGHT WORK FOR YOU!)

EXERCISING REGULARLY

FINDING A NEW HOBBY

JOURNALING

GOING OUTSIDE

WATCHING TV OR READING

ADD YOUR OWN IDEAS HERE: