



# TANGAGE CHALLENGE

JOURNAL



**TANGAGE**  
DES LAURENTIDES

## Who are we?

Tangage is a community group whose mission is the prevention of addictions through the promotion of healthy lifestyles.



## What do we do?

Tangage provides in-class workshops, booths, and conferences aimed at parents, as well as fun activities to discuss with and inform young people about the various issues surrounding addictions, whether it be substance or screen use.

## Did you know that ...

Again this year, Tangage has joined the preventive **RESPIRE** campaign. This campaign is an initiative developed through collaboration between the **Fondation André-Boudreau** and the Public Health Department of the CISSS des Laurentides. The goal of this close collaboration is to provide you with the tools that can help you in the Tangage Challenge. The Respire campaign also provides lots of other tools that you will find useful in many situations! Check out their website and social media.

<https://tuaslederniermot.com/en/>

# The Journal

What is a journal and what is it for?



That's simple! It is a personal tool that belongs to you and that can accompany you throughout your challenge. It's up to you to use it in a way that makes sense to you!

What you will find  
in your journal



- Tools to help you determine your own goals.
- Resources to learn more about vaping.
- Strategies to help you throughout your challenge.
- Tricks and tips to help you stay focused on your goal.

It's not always easy to identify your strengths and qualities. Thinking about what you like to do and things that make you feel good can help!

Your strengths and qualities

Things you like to do and that make you feel good

The people you trust

Your greatest dream

Who can you confide in when things aren't going so well?

# Your motivation for participating in the challenge



What's motivating you to participate in the Tangage Challenge?



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What are the advantages of changing your vaping habits?

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# YOUR VAPING HABITS

To set one or many goals, you must first **identify your vaping habits**. That will help you define the changes you want to achieve.

## For example:

- The number of pods that you vape each week
- The money you spend on them
- The times when you vape the most
- The nicotine level in your pods
- The number of times you go out to vape during the day
- What prompts you to vape

What does your use look like?



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# YOUR GOALS

## What you need to know

Your goal is the challenge you set for yourself!  
What change(s) would **you like** to achieve?

Psst! The more specific your goal the easier  
it is to change your habits!



# YOUR GOALS

Don't forget!

If your goal is to **completely stop** vaping, you can use the Tangage Challenge to stop gradually.



For example:

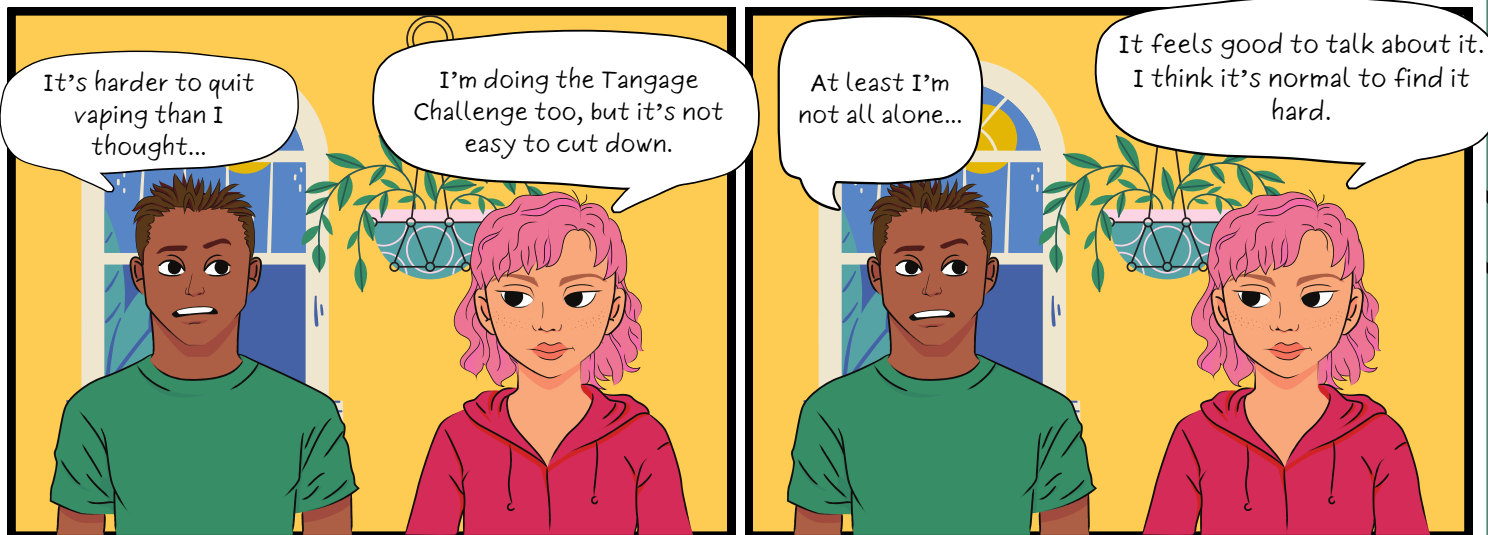
- Reduce your nicotine level the first week.**
- Reduce the number of pods the second week.**
- Stop vaping the last week.**

It's up to you to work out what is best for you!

# YOUR GOALS



# During your challenge



You may have days that are more difficult than others during your challenge, and that's **NORMAL!**

Don't forget to highlight the small successes as well as the big ones.

If you don't achieve your day's goal, all is not lost.

On the contrary, relapses are part of the habit-changing process.

So don't abandon your challenge just because you vaped when you intended to reduce or quit.

# Tips to help you...

## Recognize withdrawal symptoms.

When you reduce or stop using vaping products, you might experience **withdrawal symptoms** (e.g., irritability, nervousness, lack of concentration, etc.).

**Recognizing these symptoms and learning to manage them can help you in the challenge you have taken on.**

Here is an interesting site if you want to learn more about possible withdrawal symptoms and how to manage them better.

<https://www.quebecsanstabac.ca/je-minforme/dependance/comprendre-dependance>

(in French only)



## Remember what you've got!

As you go through more difficult moments, use the list of things that you like to do, or go see a person you trust.

### **For example:**

If it is more difficult to reach your objectives during lunch periods, plan to spend time in interesting activities (card games, watching TV, reading, sports, etc.).

## Talk about it!

Don't forget to consult your list of trusted people.

Telling them about the challenge you have set for yourself may allow you to talk to them about it if you ever need their support.

# Notebook



## Tip!

You can trace the path of your experience in a **notebook** by writing in it every day or at the end of every week, it's up to you.

This tool can be used the way you want, and you can personalize it to reflect yourself.

For example...

How did my day go?

Did I succeed in meeting my goals?

What helped me?

What did I find the hardest?

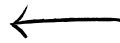
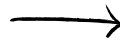
What can I do differently tomorrow to help me?

# Resources to support you

## Tangage des Laurentides

Addiction prevention organization

[www.tangage.ca](http://www.tangage.ca) @TangagedesLaurentides,  
Facebook and Instagram



## RESPIRE

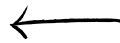
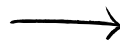
Anxiety Prevention Campaign from the  
Fondation André-Boudreau

[www.tuaslederniermot.com/en/](http://www.tuaslederniermot.com/en/)

## EPAV Média

Information on vaping

[www.epavmedia.ca](http://www.epavmedia.ca) (in French only)  
@epavmedia on Instagram



## Tel-Jeunes

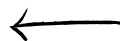
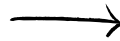
Soutien specializes in support for teens

[www.teljeunes.com/en](http://www.teljeunes.com/en)

## QUASH

App to help you quit vaping or smoking

[www.quashapp.com](http://www.quashapp.com)



## Tobacco-Free Québec

Telephone, online or in-person support

[www.tobaccofreequebec.ca](http://www.tobaccofreequebec.ca)

Telephone: 1-866-527-7383

# And for the rest ...



In addition to your list of people you trust and all the online resources, don't forget that there are people all around you who can support you!

**School counsellors:**

**Regional smoking cessation nurse:**

**Your local Maison des Jeunes youth centre:**



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