**3 Ways Vaping Directly Effects Mental Health**

As our sunsets will gradually become earlier and earlier many Minnesotans will notice a decrease in their serotonin and dopamine levels. As a result, many will try to find ways to combat SAD (Seasonal Affect Disorder) and not let get the best of us! Some may turn to exercise or sending time outdoors, but other may resort to chemicals for help, more specifically caffeine or nicotine. On the surface, vaping nicotine may feel like a solution, after all, it does flood the brain with a dopamine. And dopamine makes us feel good! However, vaping does not sustain the release for dopamine and after a while it actual has the reverse effect, decreasing the production and secretion of dopamine. Here are 3 ways that vaping nicotine effects mental health.

1. Increase in learning difficulties; nicotine effects memory and concentration, specifically in the developing brain.
2. Nicotine use is linked to higher rates of ADHD in teens and young adults.
3. Worsening symptoms of depression and anxiety are common; additionally current vape users double their risk for developing a mental health disorder when comparted to those who have never vaped.

All of these are great reasons for teens to make the decision either not to vape or quit vaping. Please reach out to Candi Davenport MS, LADC with any questions or concerns, cdavenport@relatemn.org.