

Congratulations, you're ready to quit your vape! Now what?

The first 7-10 days without a vape (or Zyn, cigarette, etc.) are the toughest - but you can do it! Remember: every quitting journey looks different, and some of the tools in this packet may work better for you than others. Ask for help from people you trust and free resources like [Breathe Free Broomfield](#) and [My Life, My Quit](#).

Tips for Quitting

1. Understand your habits and triggers. Observe your vaping for a day. Take note of what triggers you to vape, how you feel before and after.
2. Set a quit date: this is the day you start your quitting journey. Pick a date within the next two weeks so that you have time to prepare and your motivation is still high.
3. You don't have to stop all at once. Cutting down gradually can help. You can:
 - a. Increase time between vaping sessions
 - b. Lower the nicotine strength
 - c. Create vape-free spaces where you won't vape
4. Build up your resources (see page 2). Plan how you will manage stress, who you can rely on for help, and identify your own strengths to support you through your quitting journey.
5. Focus on your motivators (you can develop these on page 3). Motivation to quit comes and goes and that's totally normal! Remind yourself why you want to quit when your motivation drops.
6. Manage urges: that intense urge to use your vape will pass in 3-5 minutes. Use the 4 D's to help you manage your urges:
 - a. Delay
 - b. Deep breathing
 - c. Do something else
 - d. Drink a glass of water
7. Replace the vape:
 - a. Fidgets are a great way to keep your hands busy and reduce stress or anxiety.
 - b. Gum, mints and toothpicks can help replace the flavors of vapes and the hand to mouth action.
8. Celebrate all your successes, big and small!

Withdrawal:

Withdrawal symptoms are common for the first couple weeks as the nicotine levels decrease in your body, but they don't last forever! Symptoms vary a lot depending on the person. You may experience:

- Cravings and urges
- Irritability, grouchiness
- Trouble sleeping or focusing
- Feeling worn out, tired or sad
- Feeling antsy, anxious or restless
- Increased hunger
- Headaches

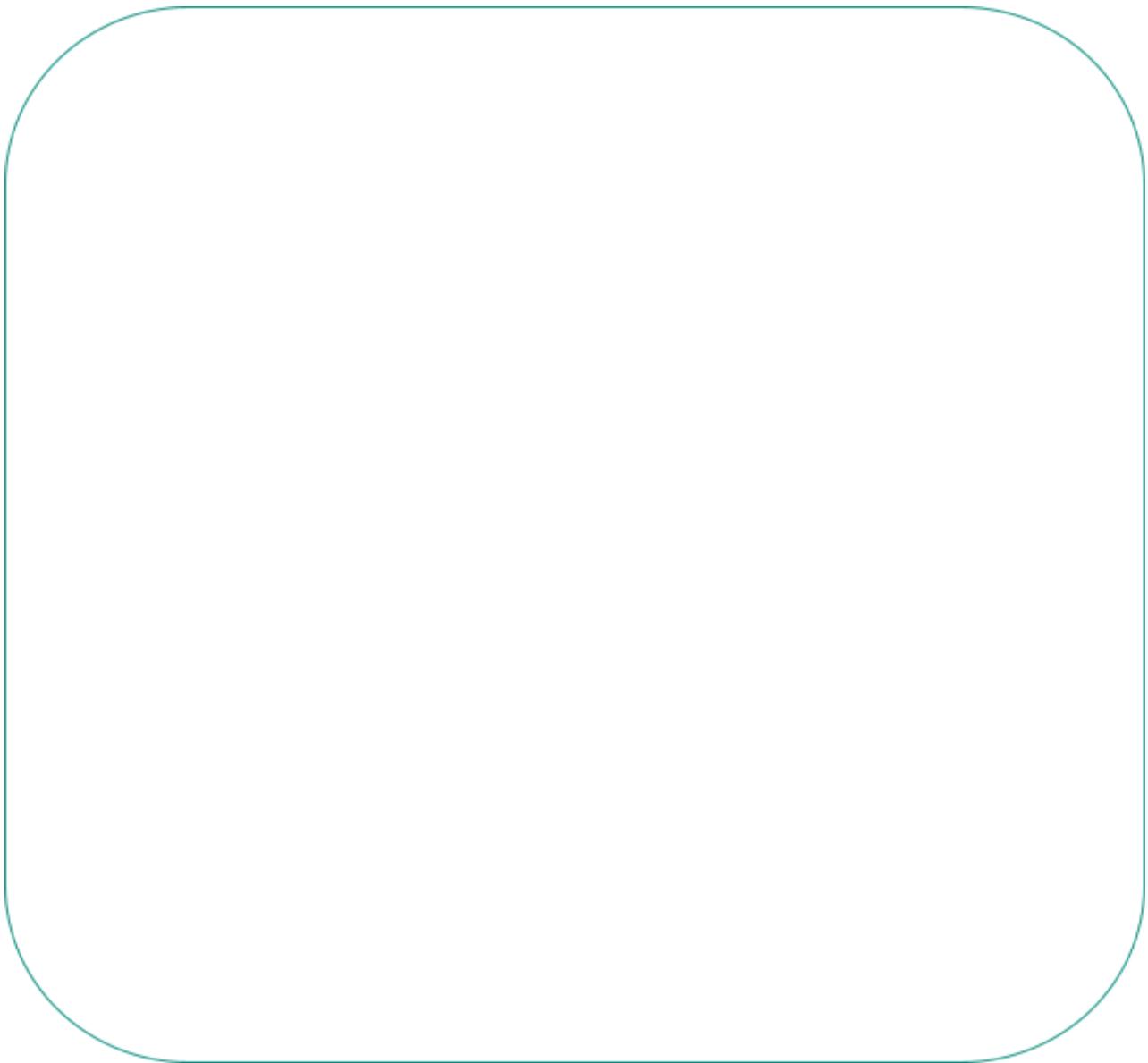
Remind yourself that all of these feelings are normal and they won't last!

Make sure you're eating nutritious foods, drinking water and getting rest and exercise.

My Strengths and Resources for Change:

Create a list of strengths that you possess and resources you have available to support you towards your vape free goal(s). There are no wrong answers here! You might think about things like:

- Who supports your quitting?
- Who can you talk to if you're feeling stressed or overwhelmed (even if they know nothing about your vaping)?
- What strengths or attributes do you possess that will help you quit?
- What hobbies or interests help manage your stress?
- What resources in the community can help you?
- Are there past experiences or knowledge you can draw from?



My Vape Free Goal:

Take a moment to identify one short-term vape free goal. When goal-setting, it is important to set S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Timely) goals. Choose a S.M.A.R.T. goal you are ready to move towards right now. Write your goal in the space below.

Example: “I will quit vaping gradually over the next three months by reducing the number of pods I purchase per week until I get to 0, to improve my health.”

My vape free goal is:

In order to meet my Vape Free goal, I need:

- 1.
- 2.
- 3.

I will know I have achieved my Vape Free goal when:

- 1.
- 2.
- 3.

My Top Reasons:

Think about the reasons you want to be vape-free. Some examples that people have found helpful:

“I want to be vape free because I want to be more present with my friends. This motivates me because I care about my friendships.”

“I want to be vape free because I want to perform better in sports. This motivates me because my sport is important to me.”

1.

This motivates me because...

2.

This motivates me because...

3.

This motivates me because...

Congratulations for taking a big step toward your quit journey. Need more support? Contact [Breathe Free Broomfield](#) to learn more about Nicotine Replacement Therapy (NRT) and more.