

# TIPS TO QUIT VAPING

## 1. Figure out what's motivating you.

Make a list of your reasons for making this change.

## 2. Set a date

Choose a date that sets you up for success.



## 3. Prepare for triggers and cravings.

Name your triggers and list distractions that can help.

## 4. Gather your support team

Loved ones, health-care providers, and the QuitNow community can support you.



## 5. Go easy on yourself

Don't beat yourself up if you slip, tomorrow is a new day.

### REMEMBER

You're not alone. We're here to help.

### VISIT QUITNOW.CA

or call 1-877-455-2233 to get support from a Quit Coach.

quitnow.ca