

# TIPS TO REDUCE SMOKING OR VAPING

Reducing your smoking or vaping is a great way to reduce harm from nicotine products. It can also help you feel more ready to quit.

Reduction refers to cutting down the number of cigarettes you smoke or times you vape until you reach a specified goal. That goal could be zero, half of where you started, or something unique to you.

## USE THESE STEPS TO START REDUCING:

### 1 Become aware of how many times you smoke or vape a day:

- Make a list of your daily cigarettes/vape sessions.  
Tip: Use this **Tally Sheet** to track your smoking/vaping behaviour for a few days.
- Identify the ones that are easiest and hardest to eliminate.

### 2 Set a goal to reduce how much you smoke or vape, or how much nicotine you consume:

- **Reduce to zero by a certain day:** E.g., If you smoke 10 cigarettes a day, cut out one cigarette per week until you're down to zero in 10 weeks.
- **Gradually reduce the nicotine concentration of your vape juice:** E.g., If you vape with 12mg/mL juice, set a goal to reduce to 6mg/mL in 4-6 weeks.

### 3 Plan how you will distract yourself while you reduce:

- Use nicotine replacement therapy (NRT), such as the gum or lozenge, instead of smoking or vaping.
- Go for a walk.
- Chew a piece of gum.
- Text a friend or play a game on your phone.

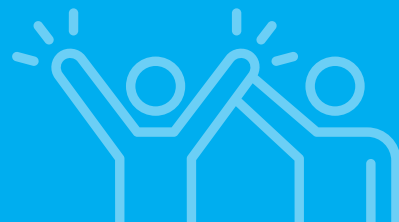
### 4 Begin by cutting down the cigarettes or vape sessions that are hardest to eliminate.

- For a lot of people, this is the first one when you wake up or when you finish work.

### 5 Track your progress and celebrate your wins!

- Every day you reduce or refrain is a step closer towards your health and wellness goals.

**YOU'RE DOING IT AND THAT'S AMAZING!**



### \* Other ways to reduce your smoking or vaping:

- Gradually increase the time between cigarettes or vape sessions.
- Delay your first cigarette/puff of the day for an hour (or more!) after waking up.
- Smoke only half a cigarette each time.
- Limit your smoking or vaping to certain places. E.g., Smoke outside, but not at work or in the car.  
Tip: Put your cigarettes or vape in the trunk when you're driving so you aren't tempted.



Talk to a **Quit Coach** by phone **1-877-455-2233** or  
**Live Chat** to create your personalized Reduction Plan  
Or get started now at [quitnow.ca](https://quitnow.ca)

quitnow.ca

# UNDERSTAND YOUR BEHAVIOUR: TRACK YOUR SMOKING AND VAPING

Smoking or vaping can become so routine that you stop noticing how often you are doing it. Without thinking, daily habits, routines and activities can trigger the urge to smoke or vape. Try tracking each time you smoke or vape for a couple of days. This can help you to better understand how much time you spend smoking or vaping, how often you smoke/vape, and how you are feeling when you pick up the cigarette or vape.

Use the Tally Sheet to record when and where you are smoking or vaping for few days. See if you notice any patterns in your behaviour.

What did you learn? When do you smoke the most, and the least? What can you do to change these patterns?

Time & Date	Cig/vape session #	Craving level from 1-3	Mood (ie: sad, happy)	Activity (what you are doing, who you are with)