

TIPS TO QUIT VAPING

1.

Figure out your 'why'

Make a list of your motivations for making this change

2.

Set a Quit Date

Choose a date to quit or start cutting back

3.

Clean Your Space

Set yourself up for success by creating a vape-free space - physical and digital

4.

Prepare for triggers, cravings, and withdrawal

Consider self-care, rest, nutrition, and movement

Note: If you are interested in quit aids, speak with a health care provider (doctor, pharmacist, nurse practitioner) to find a suitable option for you.



5.

Gather your support team

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

6.

Celebrate your wins

Give yourself credit for every win, big or small, and plan rewards for reaching each milestone

7.

Be kind to yourself

Quitting takes time and practice! Every attempt brings you closer to quitting for good



**YOU'RE NOT ALONE.
WE'RE HERE TO HELP.**



Visit
quitnow.ca



Speak with a Coach
1-877-455-2233