

READY TO DROP THE VAPE?



*Quitting is hard, so make it easier by having a plan.
Here are steps to help you get started.*

- ▶ **Know why you're quitting.** Think about who you want to be in the future. Compare that with who you are now. Ask yourself: How are they different?
- ▶ **Get rid of all your vapes and accessories.** This will help you fight cravings and stay motivated to be vape free.
- ▶ **Set your quit date.** Pick one that sets you up to win. For example, pick a date that starts after a highly stressful time, such as final exams, big projects, or a job interview.
- ▶ **Build your team. Ask for help.** The people who care about you want you to succeed and will help when times get tough. You don't have to do it alone.
- ▶ **Prepare for the urge to vape.** Cravings and withdrawal can happen—be ready. Instead of picking up your vape, chew on a straw or flavored toothpicks, chew gum, or use mints. Keep those and a water bottle handy for when you want to vape.
- ▶ **Dealing with people who don't get it.** Not everyone will know how to be supportive, and that's OK. But ask them not to vape around you or offer you their vape. Ask them to respect your decision to quit, and plan how you'll handle it if someone offers you a vape.
- ▶ **Get moving.** Find activities you enjoy doing and add them to your routine. Being active can help relieve stress and distract you from vaping.
- ▶ **Deal with stress in a different way.** Instead of vaping to relieve stress, try meditation, yoga, writing, drawing, running, or walking.
- ▶ **Free quit support:** Learn more about free and confidential quit support at vapesdown.yesquit.org.
- ▶ **Share your story.** Post on social media about how you quit. Share your experience and have your friends motivate you to stay vape free.

