

Guide to quit vaping

Now you have made the decision to quit vaping this guide will offer you some practical, stress-free ways to manage this:

- **Write down your reasons for quitting** – make a list of all the reasons why it's important for you to stop vaping. You may find you face difficult days and are tempted to vape but by reminding yourself why you made the decision to quit will help keep your motivation going.
- **Discover triggers** - Write down what a typical day looks like. Morning, afternoon, evening so essentially you are creating a vaping diary. Consider what times you vape are there certain times and activities where you vape? Are there certain feelings that lead you to vape, such as stress or boredom? Once you get a clear picture you can start to create a plan and put strategies in place that can help you. If you're planning to keep track of your triggers, habits and routine, you can find a ready-made diary on our website in the "Self Help Guide".
- **Be prepared** – Setting a quit date helps you mentally prepare to quit vaping, it gives you time to get organised and the confidence to make and implement your plans. Be realistic with the date and give yourself time to prepare but don't put it off too long or else you risk losing motivation.
- **Be cautious** - If you have recently introduced vaping as a stop smoking aid, be cautious of not increasing your usage. A single tailor-made cigarette has much more structure to the experience, as most will smoke one individual cigarette and carry on with their day, as opposed to vaping, which due to the long-lasting oil and lack of "single use experience" it is very easy to increase usage as there is not a definitive "start" and "end." Also, as it's more cost effective and more socially acceptable, these are other reasons to be mindful of your duration and frequency of vaping increasing compared to smoking.
- **Reduce the strength** - Check what nicotine strength you use. You can steadily reduce the mgs over time to work alongside your quit date. For example, if you are using a 6mg reduce to 3mg the following week and the last week switch to 0mg. This will give your body time to adjust and make it easier for you when it comes to your quit day.
- **Switch it up** – Why not switch flavours of the vape juice? Changing flavours can help disrupt the current vaping routine and can help you feel less dependent on the vape.
- **Nicotine Replacement Therapy (NRT)** - If you feel you are struggling with cravings you can purchase NRT products to help reduce cravings and withdrawal symptoms. It would be advisable to visit your local pharmacy as they can advise which products could be used and ensure they provide you with the right strength.

- **Changing habits and routines** - Do you vape in the morning? Try to change your morning routine, having a shower first or make a hearty breakfast. **After Meals?** If you vape after meals, try to replace the vape with another activity such as going for a short walk or clear up straight away. Make it harder to get to the vape to give you time to avoid habitual vaping. Some examples, put the vape in the boot of the car on journeys, leave it in another room or upstairs if you are watching television in the living room.
- **Out of sight out of mind** – reduce temptation to vape by not having the vape on a lanyard around your neck, in your pocket, or in sight on a desk or table nearby.
- **Exercise** – Dust off your trainers and find something you enjoy doing. You don't have to run a marathon, it could simply be going for a walk, riding a bike, yoga or even dancing in your front room. YouTube have some fun free exercises you can do in the comfort of your own home.
- **Extra tips** - Buy some chewing gum, hard boiled sweets, lollypops, sugar free mints. Sip water from a bottle, this helps with the hand to mouth action you may be missing. Use a stress ball to keep your hands busy.
- **Reward Yourself** – Try not to look at quitting as what you're giving up, but what you are gaining. Whether they are spontaneous or planned, have something to look forward to, to keep you motivated.

Written by Claire Peter-Daly and Chris Colwill

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