



THE STOP SMOKING SERVICE

Guide to quit Vaping



Working together to
improve the health
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our communities



Now you have made the decision to quit vaping this guide will offer you some practical ways to manage this.



Quit tips

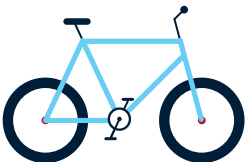
1. Write down your reasons for quitting – Make a list of all the reasons why it's important for you to stop vaping. You may find you face difficult days and are tempted to vape but by reminding yourself why you made the decision to quit will help keep your motivation going.



2. Discover triggers, habits and routine – Write down what a typical day looks like, morning, afternoon, evening so essentially, you're 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 build a clear picture you can start to create a plan and put strategies in place.



3. Changing habits and routines - Do you vape in the morning? Try changing your morning routine, have a shower first or make a hearty breakfast. 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, leave the vape upstairs, put the vape in a draw or cupboard.



4. Be prepared – Setting a quit date helps you mentally and physically 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.



5. 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.



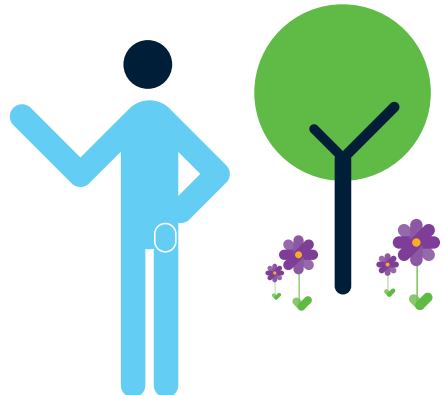
6. Switch it up – Why not switch flavours of the vape juice? Changing flavours can help disrupt the current vaping routine and can help you feel less dependent on the vape.



7. Nicotine Replacement Therapy (NRT) - If you feel you are struggling with cravings you can purchase NRT products to help manage 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.



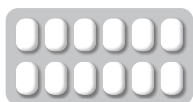
8. Out of sight out of mind – Reduce temptation to vape by not having the vape on a lanyard around your neck, in your pocket, or in sight on a desk or table nearby.



9. Exercise – Exercise can help you focus your mind, why not 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.



10. Extra tips - Buy some chewing gum, hard boiled sweets, lollypops, sugar free mints. Sip water from a bottle helps with the hand to mouth action you may miss. Using a stress ball, doing a puzzle or colouring can also help to keep your hands busy.



11. Reward Yourself – Try not to look at quitting as what you're giving up, but what you are gaining. Once you reach a milestone you can treat yourself to something with the money you have saved. Have something to look forward to. Planning a nice day out can help keep you motivated and stay on track.



Contact us

 **0800 0130553** (free from landlines)

 **www.thestopsmokingservice.co.uk**



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