



# Guide to quit vaping.



**CHOOSE YOU**

Helping you build healthy habits



If you're ready to quit vaping, this guide is here to support you. While we don't offer services for vapers, this guide is loaded with practical advice to guide you toward a vape-free future.



Taking some time to create a comfortable environment will help you prepare and give you time to plan, take deep breaths and take time to think about what practical and realistic changes you can make.

The first step is to write down your reasons for quitting – as they say to Hollywood actors: 'what's your motivation?'.

Make a list of the reasons why quitting is important to you, and on tough days when temptation hits, look back at your list; it will remind you why you started this journey and will boost your motivation.

## Discover your triggers, habits and routine

Create a vaping diary by mapping out your days, including your morning, afternoon, and evening routine. Note down when and where you tend to vape. Are there specific times, activities, or emotions, like stress or boredom, that trigger your vaping?

Once you've got a clear picture, you can start crafting a plan to break the cycle. Your plan is yours, make it your own and think about what will help you.



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## Changing habits and routines

Do you reach for your vape first thing in the morning? A great tip is to leave the vape somewhere out of sight, avoid keeping it next to your bed, and leave it in another place where you can't access it first thing in the morning.

Minimise the temptation to vape by keeping your vape out of sight, avoiding wearing it on a lanyard around your neck, keeping it in your pocket, or leaving it on a desk or table within easy reach.

Shake up your routine, for example, take a shower first thing (before you would normally pick up your vape) or whip up a delicious breakfast instead. If you usually vape after meals, start changing that by doing something else straight away, cleaning up straight away or going for a walk. Think of something that works for you.

Think about getting rid of the vape completely. If it's there, you're more likely to be tempted to use it. If you get rid of the vape, you're more likely to put your new plan into action.

## Planning is everything

Pick a quit date; this is the date you want to completely quit vaping. This will help you mentally and physically prepare to quit. It gives you time to plan, get organised, and build confidence in your decision.



Choose a realistic date, one that gives you enough time to prepare but isn't so far away that you lose motivation. Once you have picked your date, write this on your calendar and start working towards that date. Once your quit date arrives, this will be the first day you are vape free.

## Reduce the strength before your quit date

Do you know what strength your vape is? If not, this is the perfect time to find out. Most vapes will have this information on the packet and the vape; you need to look for mg. It might say 3mg, 6mg, 12mg, 18mg or 20mg.

Monitor your nicotine strength and gradually decrease the dosage as you approach your quit date. For instance, if you're using 6mg, reduce it to 3mg the next week, then switch to 0mg in the final week. This gradual reduction helps your body adjust, making it easier to quit completely.



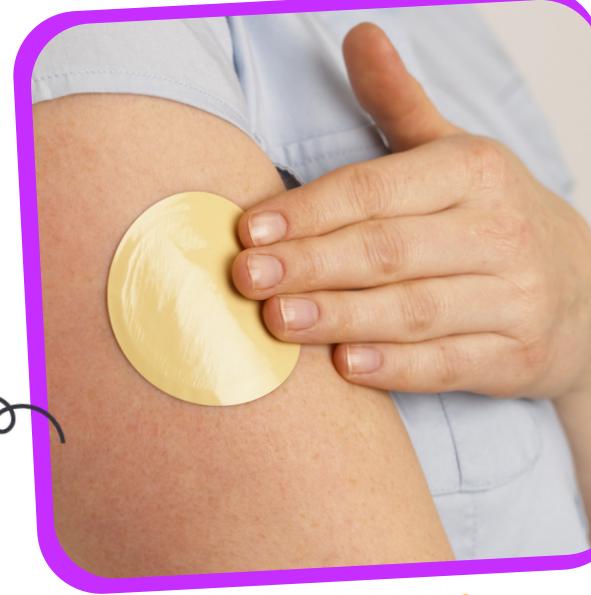
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## Nicotine replacement therapy (NRT)

When you stop vaping, it's common to experience withdrawal symptoms as your body and mind adjust to being nicotine free. Don't worry, these symptoms won't last forever. Stick with your plan, and within a few weeks, you'll be through the hardest part. Symptoms often ease within the first week or two and typically fade by four weeks.

If you find yourself feeling unwell, please seek medical advice from your GP.

If you're finding it hard to manage cravings, NRT products can help with cravings and withdrawal symptoms. There are different NRT products, these include patches and oral replacements. You can visit your local pharmacy, where they can recommend the products and ensure you get the appropriate strength.



## Exercise

Adding exercise to your plan is one of the best things you can do. Exercise doesn't have to be boring; it's about finding what moves you and having fun doing it.

Why not dust off your trainers and go for a walk? You could go for a swim, bike ride, do yoga, seated exercise, or even dance in your living room can help. Why not join a new class with friends or family? This can help with motivation and support.

Breathing exercises can be beneficial when a craving hits. You can do this by taking a slow breath in and slowly breathing out until you feel more relaxed.

**Exercise doesn't have to be boring; it's about finding what moves you and having fun doing it.**



## Think about your hands

Over time, you have probably gotten used to holding the device in your hand, and you may find you miss the feeling of holding a vape once you quit. To help this transition, have a replacement item ready to keep your hands occupied. If you're unsure, consider using a stress ball, tangle toy, fidget spinner, a pen, or you can even do a puzzle or colouring. Think about what will work for you.

Sipping water from a bottle can help with the hand to mouth action you might miss.

Consider stocking up on hard-boiled sweets, mints or flavoured lollipops; this will keep your hands and mouth busy. Alternatively, you can eat healthy snacks, such as fruit and vegetables.

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# Reward yourself

Instead of focusing on what you're giving up, think about what you're gaining. When you reach a milestone, reward yourself with the money you've saved, and treat yourself with something you really want at the end of each month. Having something to look forward to, like planning a fun day out, can keep you motivated and help you stay on track.

Track how much money you're saving, you will be surprised how much you can save.

# Don't give up

Slip-ups can happen, but don't let them derail you. Learn from the experience, refocus, and keep going. Every attempt brings you closer to success.

Tell friends and family about your plan; having people to encourage you can make a huge difference.

Quitting vaping can be tough, but with the right plan and mindset, you can do it. Good luck!



For more information, visit:  
[www.chooseyou.co.uk](http://www.chooseyou.co.uk)

Working together to improve the health and wellbeing of our communities.

