

Action Plan to stop vaping



Help yourself to quit vaping

Step 1: Preparing to stop

Step 2: Stopping

Step 3: Staying vape free

Having a plan makes it easier
to quit and stay stopped.



**HEALTHY
SCHOOLS**
CAMBRIDGESHIRE
& PETERBOROUGH

Help
yourself

BE POSITIVE

Be confident – believe that you can and will!

Be prepared – prepare for difficult situations which may weaken your desire to quit



Be determined – refuse to draw on vape at all, just one use and it will reawaken your craving for nicotine.

**Feel good about
yourself for choosing
not to vape**

- Better health
- Being free of an addiction
- Feeling in control rather than being controlled
- Not feeling deprived

1

The more time and effort you put into the preparing stage, the easier stopping will be.

1. Assessing the pros and cons of stopping
2. Setting a quit date
3. Getting support from others
4. Learning from previous quit attempts
5. Being prepared for difficult situations
6. Identifying rewards for stopping

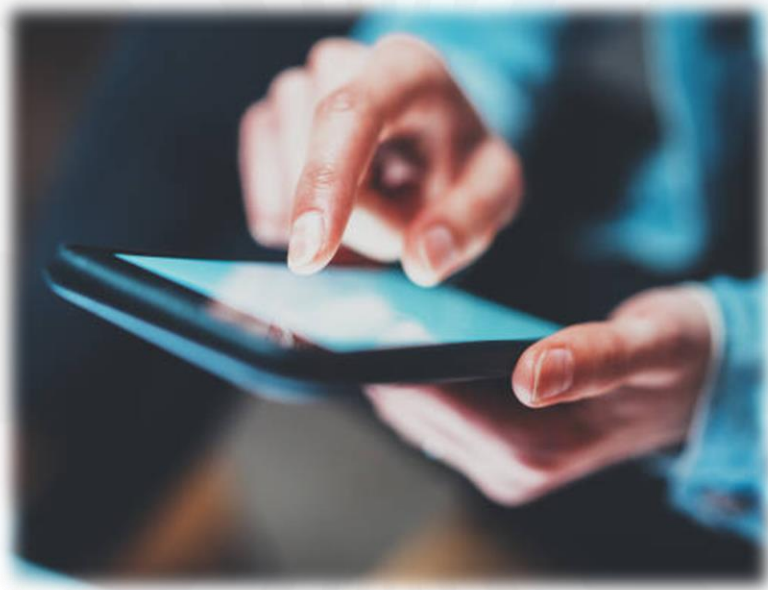
Step one: preparing to stop

Setting a quit date

My quit date is:

The pros and cons of stopping

Make notes on your phone



Ask yourself...

What will you lose by stopping vaping? Write down your main concerns

Write down 3 most important reasons for stopping.

Look at the two lists and decide which is more important to you. By realising how much you will gain from not vaping, you will find it easier to get through stopping vaping.



A little help from your friends and family

Who will help you through the difficult times?
They must genuinely want to support you.

How?

By not vaping in front of you
Keep telling you that that you are doing the right thing
Do things with you to help keep you busy



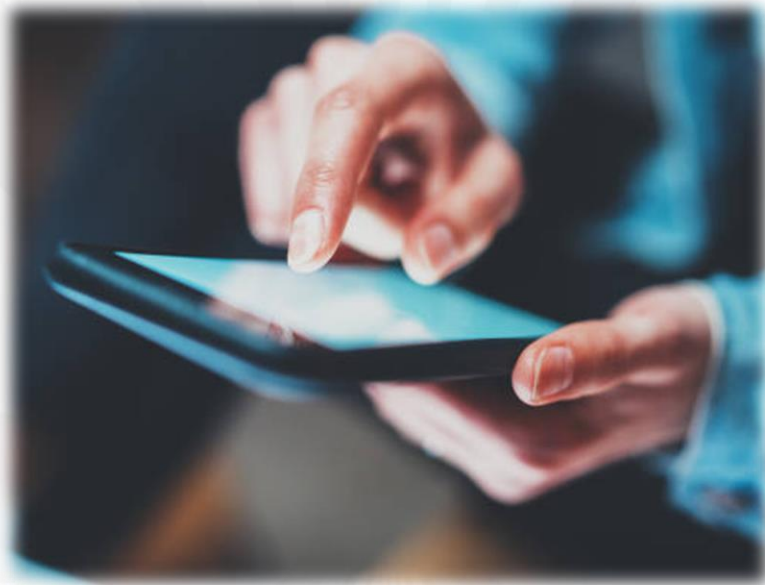
People sometimes don't like to see someone succeed in achieving something, especially some vapers who have tried to stop in the past. They may feel threatened by the fact you are quitting

You may find it easier to only tell people who genuinely want you to succeed. If someone does offer you a vape, simply say, **"No thanks, I've just had one"** or **"I don't feel like one at the moment"** or **"I'm cutting down"**. Remember that just one use of a vape will reawaken your cravings for a nicotine

If you've stopped in the past

Make notes on your phone

It's useful to look back to see what worked well and helped you quit and what you will do differently this time



Ask yourself...

What worked well and helped you to stay stopped?

What will you do differently this time?

What made you start vaping again?

How confident are you?

On the following scale how confident are you that you will stop vaping this time:

Not Confident

Confident

Very Confident

1

2

3

4

5

6

7

8

9

Being prepared for difficult situations

Typical 'triggers'

What makes you want to vape?



- Coffee, tea, alcohol
- Stress
- Boredom
- First thing in the morning
- After meals
- Seeing others vaping

What do you think are your triggers?

Managing your triggers

Some ways of coping with difficult situations:

You can...



- Stay busy
- Think about something else
- Take a few slow, deep breaths
- Have a glass of water
- Talk to other people – get help and support from people who understand
- Remember your reasons for quitting
- Don't fear cravings, they're a normal part of quitting. When you learn to deal with them it'll be easier to stay stopped

**How could you deal
with your triggers**

2

Plan Your rewards

1. Prepare for the day you quit
2. Set rewards for each stage such as :
3. Week 1 - set a reward
4. One Month, six Months etc..
5. Plan how to avoid temptation
6. Tell family & friends your plan
7. Remind yourself why you're quitting
8. Be committed to stopping vaping completely

Step two : STOPPING

The choosing Routine

Now, think about how you feel and your choice of actions that could follow ...

1. I have a desire to vape



This is understandable, I have been a vaper for a while

2. I am free to choose



I can take the desire away by vaping, OR I can accept the desire



3. Now I will make my choice ..

I choose to return to vaping

or

I choose to accept this desire rather than vape

REWARD YOURSELF

Vaping is often used as a reward. This might be for a job well done, getting through a crisis, or getting through a stressful day. When you stop vaping, **it's helpful to find new ways to reward yourself.**

A reward doesn't have to cost anything, it could be about **spending time** with others, going for a walk, or giving your time back to **help someone**

Rewards are something that give you pleasure and help you feel **good about yourself.**
Build these into your routine to help you stay vape free.

THE DAY YOU QUIT



Things to do on your quit day

- ❖ Change your usual routines
- ❖ Have breakfast, plan some snacks and drink plenty of water
- ❖ Keep busy, have activities that will distract you

Avoid temptation

- ❖ Choose a quit day that's unlikely to be stressful
- ❖ Avoid being around other vapers
- ❖ Review your triggers
- ❖ Get support from friends & family
- ❖ Remind yourself why you are quitting. Look at your list of reasons



**Remember - there's never
'just one' use**

3

STAY VAPE FREE

- Coping with urges
- Change the way you think about vaping
- During the first week
- Nicotine withdrawal
- Tempting triggers
- Psychological dependence
- Managing stress
- Managing boredom

Step three: Staying vape free

Coping with urges

Change the way you think about vaping

Managing urges gets easier every time

Avoid your most difficult **triggers**

Remind yourself using the vape just once can reignite desire for nicotine



Tell yourself that the urge will go away in about **five minutes**

Remind yourself **why** you are quitting

Take one day at a time, one urge at a time and don't worry about tomorrow, next week, or next month

It's your choice

How to stay vape free

Practice the four Ds:
Do something; **deep** Breathing;
distract yourself; **drink** water

Realise that you're choosing not to vape

During the first week

Put your quit plan into action

Practice your new routines

Avoid your most difficult triggers

Distract yourself, keep busy, go for a walk

Celebrate each day you don't vape and reward yourself

Eat a healthy diet

It's your choice

How to stay vape free

Practice the four Ds:
Do something; **deep** Breathing;
distract yourself; **drink** water

Realise that you're choosing not to vape

Learning to stay stopped

Congratulations on stopping vaping!

Tempting triggers

Anticipate triggers before they arise

Plan coping strategies and use the Choosing Routine

Memorise your coping strategies so they become second nature

Nicotine withdrawal

At this stage most people are feeling more comfortable not vaping and having less urges. The longer you stay completely vape free the easier it becomes to stay stopped.

Triggers can come back at any time when you least expect it so be prepared!



It's good to feel confident about staying stopped but don't think about 'testing' yourself by using a vape.

Remember – any vaping will reignite that need for nicotine.

Psychological dependence

The habit of vaping can leave you feeling like something is missing from your life. You may miss vaping and the social side of vaping.

- Remember your reasons for quitting
- Look back at your rewards and make sure you do what you've planned
- Think about the benefits of not vaping
- Stay positive and look back on all the times you haven't vaped

You've worked hard to get to this stage and now you need to protect all the changes you've made so you stay vape free for good.

Thinking about vaping constantly

It's normal to look back and think of the times when you enjoyed vaping and see it as a pleasure that you now miss.

Take each day at a time, you could just be having a bad day

Remind yourself what you hated about vaping (the cost, the coughing)

Remind yourself **why** you wanted to quit in the first place

If you do use a vape . . .

it doesn't have to mean that you're vaping again

Get back on track, look back at your quit plan and plan new strategies for dealing with the trigger that led to the slip.

Preventing slip-ups . . .

- Every time you cope with a challenging situation **you are becoming more in control of your vaping habits.**
- Some situations are easier to cope with whilst others continue to remain strong triggers. This is more to do with **how you feel at the time** and attitude towards the situation rather than a craving for nicotine.
- **Look back on all the times you haven't vaped** - why was that? what did you do? what were you thinking? what was helpful?

Managing withdrawal symptoms

You may have withdrawal symptoms during the first 2 – 3 weeks of stopping vaping.

Most decrease during the first week, gradually easing during the following weeks.

Symptoms	What's happening	How to manage them
Desire to vape	Brain is missing the nicotine fix	This goes after a few weeks.
Hunger	Cravings for nicotine can be confused with hunger pangs, missing having something in the mouth	Drink water or low calorie drinks. Snack on fruit and raw veg. Try sugar-free gum.
Feeling tired and trouble sleeping	Lack of nicotine in the brain to act as a stimulant	Have a sleep routine to help relax and wind down. Get more fresh air and exercise during the day. Cut down on tea and coffee
Trouble concentrating	Body needs time to readjust to not having a constant supply of nicotine	Take a break, make lists and plans to keep you on track. Try to avoid or manage stress
Changes in mood, irritability, depression	The body is missing its buzz from nicotine. You might feel like you've lost a 'friend'	Do something to lift your mood, talk to family and friends. Build in rewards. See your GP if depression persists

Symptoms are normal, harmless and temporary

Managing stress

Exercise is
a great
alternative



Relaxation techniques

Mental relaxation – close your eyes and take a few deep breaths, imagine yourself in a calm peaceful place. When you feel relaxed open your eyes

Deep breathing – breathe in slowly, count to five, and hold for a few seconds. Breathe out slowly whilst counting to five. Repeat.

Muscle relaxation – Get into a comfortable position and starting with your toes, tighten your muscles for three seconds and release. Work up your body tightening and releasing your muscles. Stay still for a while before getting up.

Other ways to relax – Listen to music, have a warm bath, and do some light stretches

Managing boredom

Many vapers say they vape more when they're bored. Stopping vaping will 'free up' time so if you don't do other things cravings may creep back in.

One useful way of helping to manage cravings and distract yourself could be to use the :

Five Ways to Wellbeing

Connect

..with family, friends and colleagues. Have regular contact with the people who have agreed to support you stop vaping

Be active

Physical activity helps manage cravings for cigarettes and control weight gain. It can also help improve sleep, stress and worries and distracts from others things going on in our lives

Take notice

Be aware of your surroundings and what's going on around you

Keep learning

Learning something new enhances self-esteem and impacts positively on wellbeing. Take up a new hobby or craft to occupy your mind with other things

Give

Do something nice for someone else, helping and sharing helps you feel good about yourself. Attend the group sessions and share your experiences to support others



These are five simple steps that can be incorporated into everyday activities. They have been shown to **help people feel happier** and more positive about their life and may **also help manage stress** and anxiety.

Other sources of help to manage quitting

- Your GP, may prescribe nicotine replacement therapy if appropriate
- <https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/>
- <https://www.bbc.co.uk/news/newsbeat-65669481>
- Talk to Frank
www.talktofrank.com



There is clear advice that vapes should not be used by children and young people, or those who do not currently smoke. Nicotine is an addictive substance and this, along with the solvents and flavourings found in e-cigarettes, are not entirely risk-free. The long term effects of vapes are, as yet, unknown.

If you don't smoke, don't vape.