

# Action Plan To Stop Vaping



## Help Yourself To Quit Vaping

**Step 1: Preparing to reduce and then stop**

**Step 2: Stopping**

**Step 3: Staying vape free**

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

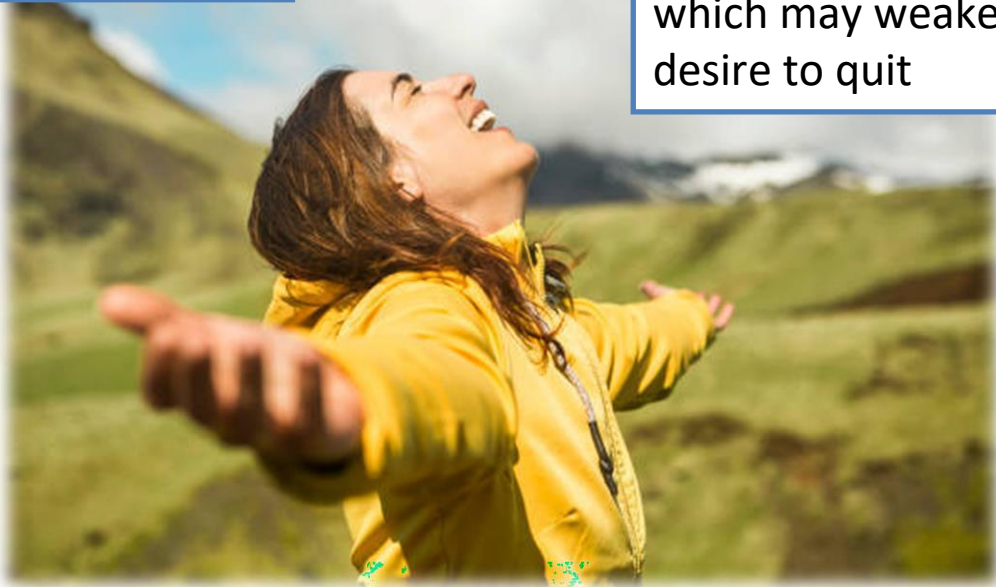


Help  
yourself

# 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** – to reduce your use of vapes in order to quit

**Feel good about changing your vaping behaviour**

## Benefits Of Reduced Vaping

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

# 1

## PLAN TO REDUCE

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

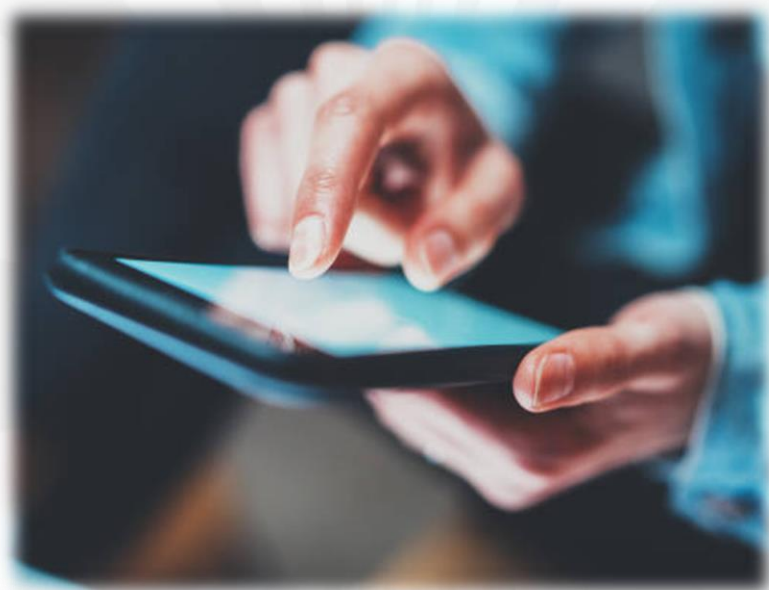
1. Assessing the pros and cons of **reducing** and then stopping
2. Setting a plan to reduce vaping
3. Getting support from others
4. Learning from previous quit attempts
5. Being prepared for difficult situations
6. Identifying rewards for reducing and stopping

### Step one: Preparing to stop

## Setting A Quit Date

My quit date is: .....

# The pros and cons of reducing and 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.

TIPS

## 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



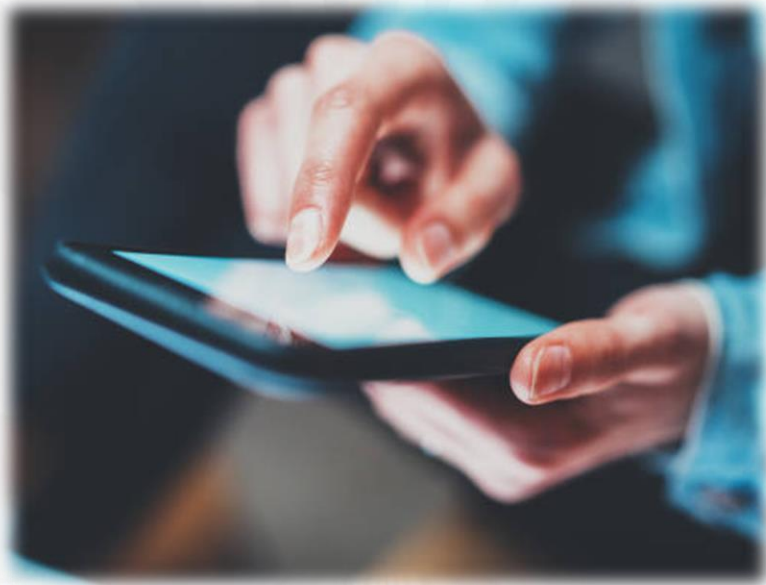
People sometimes don't like to see someone succeed in achieving something, especially some vapers who have tried to stop in the past. They may feel threatened by the fact you are quitting

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

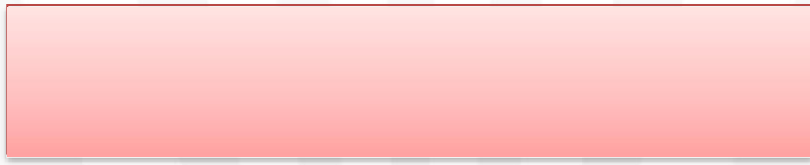
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# Being Prepared For Difficult Situations



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

## HOW TO SET A PLAN

### Plan To Reduce

1. Prepare for the day you will reduce
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 reducing and then stopping vaping completely

## Step two: Stopping

# Choosing Your 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 ..



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 REDUCE



## Things to do to help reduce vaping

- ❖ 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 time to reduce 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



**REDUCE WITH A PLAN TO  
STOP**

# 3

## NEXT STEPS

### ADVICE TO STAY VAPE FREE

- Coping with urges
- Managing the first week
- Learning to stay stopped
- Managing withdrawal symptoms
- Managing stress
- Managing boredom
- Other sources to help managing quitting

## Step three: Staying vape free

# Coping With Urges

Change the way you think about vaping

**Managing urges**  
gets easier every  
time

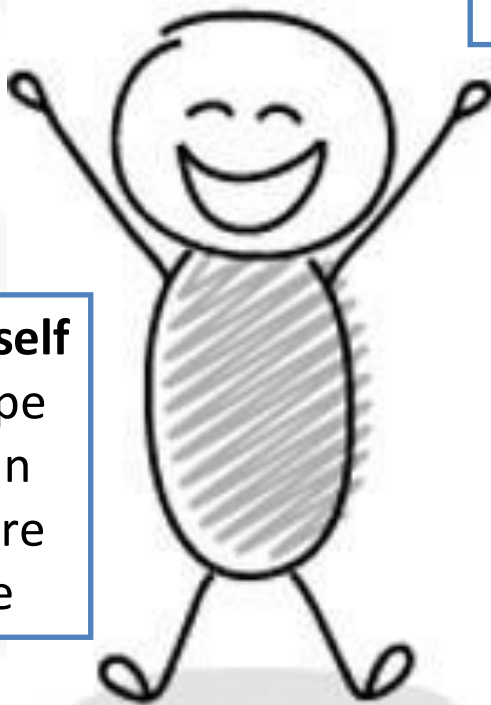
**Avoid** your  
most difficult  
**triggers**

**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**

# Managing 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

Do something you enjoy

**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.

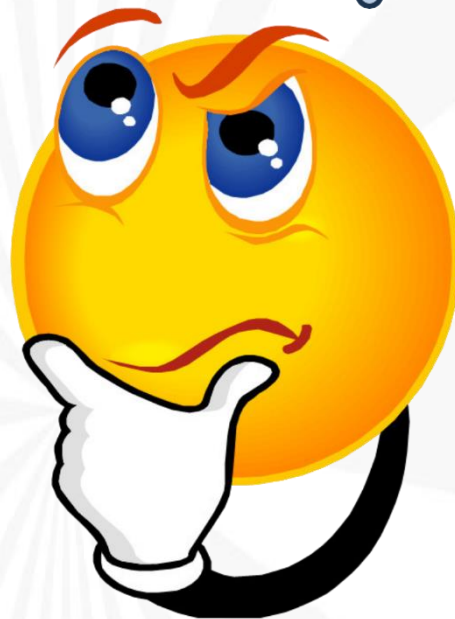
# Thinking About Vaping Constantly

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



Rid your body of nicotine  
Keep your mind off vaping  
Improve your health  
Help you relax  
Reduce stress



Relaxation techniques

**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](http://www.talktofrank.com)

Vaping to quit smoking - Better Health - NHS [nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking](https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking)



*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.**

Resources: Many thanks to **Sheffield Smokefree**

