

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

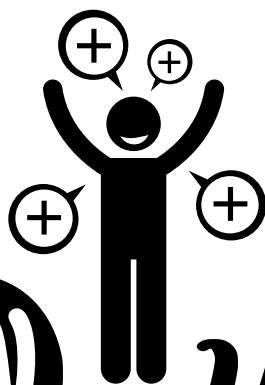
Having a plan makes it easier to reduce vaping, quit and stay stopped.



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.

**YOU CAN
DO IT**

*you got
this!*

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.



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

How can they help?

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

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 just one use of a vape could reawaken your cravings for nicotine.

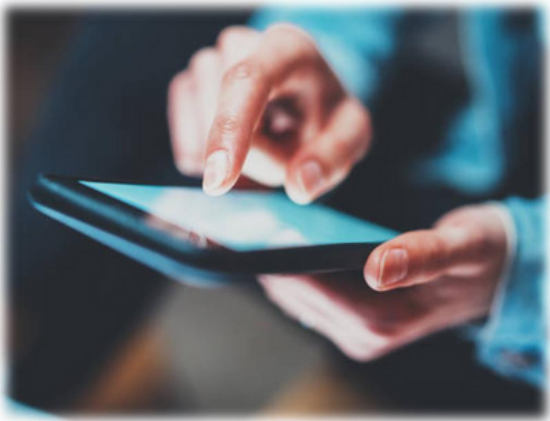
People sometimes don’t like to see someone succeed in achieving something, especially vapers who have tried to stop in the past. They may feel threatened by the fact you are quitting.



If You've Stopped In The Past

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

Make notes on your phone...



What will you do differently this time?

What made you start vaping again?

What worked well and helped you to stay stopped?

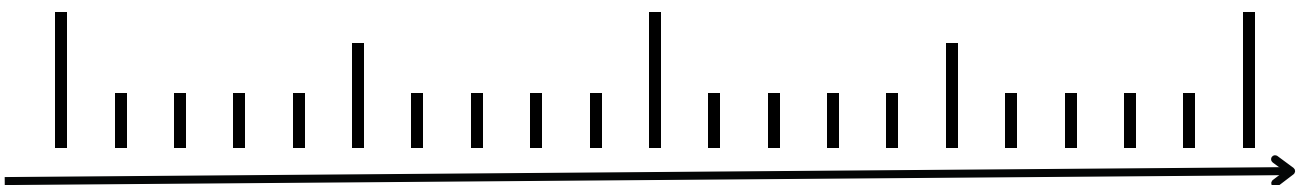
How confident are you?

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

Not Confident

Confident

Very Confident



You got this!



Being Prepared For Difficult Situations

Typical 'triggers'

What makes you want to vape?



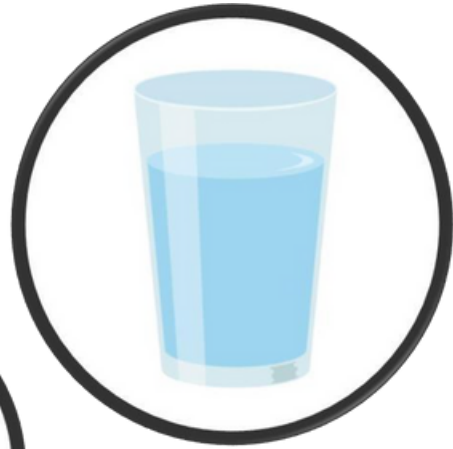
What do you think your triggers are?

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

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

Prepare for the day you will reduce:

- Set rewards for each stage such as: week 1 - set a reward, then one month, six months etc..
- Plan how to avoid temptation
- Tell family & friends your plan
- Remind yourself why you're quitting
- Be committed to reducing and then stopping vaping completely

Step two: Stopping

The Choosing Routine

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

I have a desire to vape

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



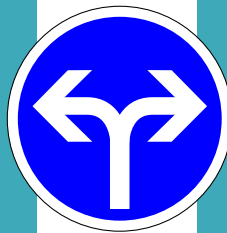
I am free to choose

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



Now I will make my choice...

I choose to accept this desire rather than vaping



I choose to return to vaping

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 THE INTENTION 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

Practice the four Ds: **Do** something; **Deep** breathing; **Distract** yourself; **Drink** water

Coping With Urges

Change the way you think about vaping

Managing urges
gets easier every
time

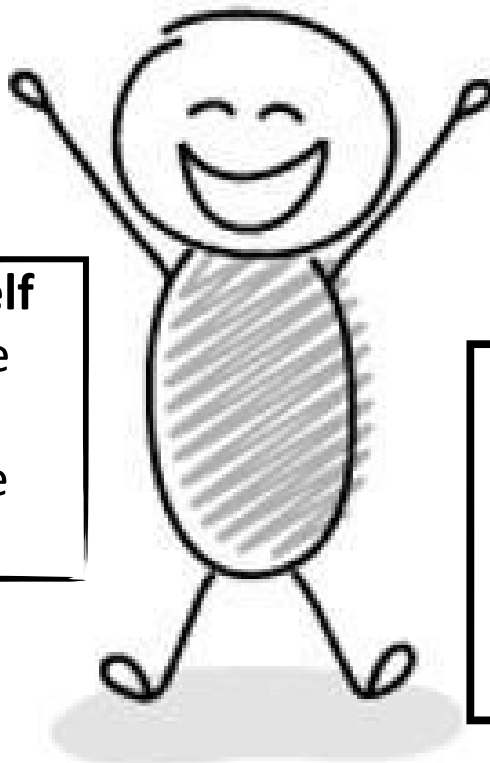


Tell yourself that
the urge will go
away in about **five**
minutes

Avoid your
most difficult
triggers

Remind yourself
why you are
quitting

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



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

Realise that you are
CHOOSING not to vape



Managing The First Week

Put your quit plan into action

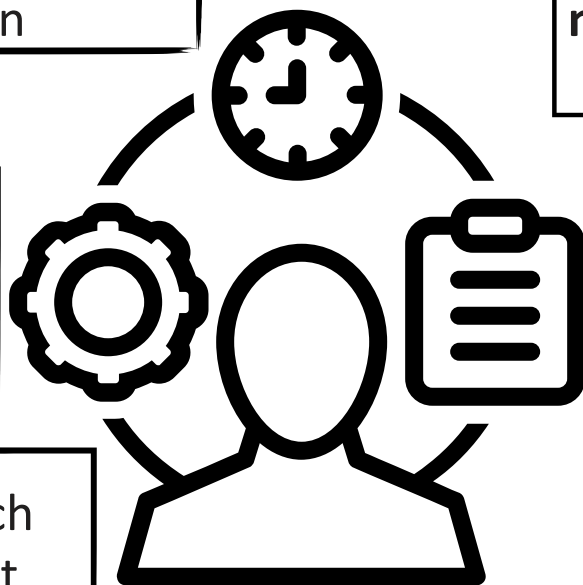
Practice your new routines

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



Learning To Stay Stopped

Congratulations on stopping vaping!

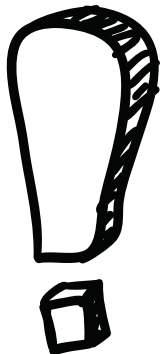
Tempting Triggers

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!

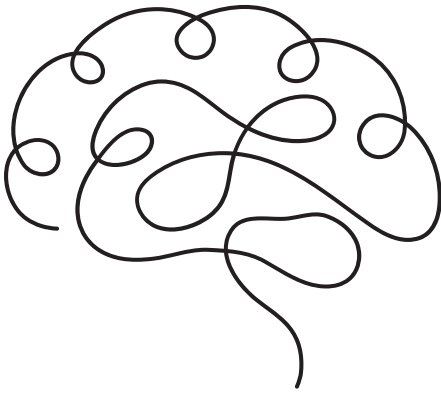
It's good to feel confident about staying stopped, but don't think about 'testing' yourself by using a vape.

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 point 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 (eg. the coughing, the cost...)

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.

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?

YOU CAN DO IT

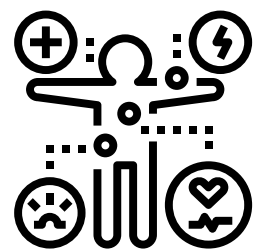
Managing Withdrawal Symptoms

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	Whats 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 for hunger pangs, missing having something in the mouth.	Drink water or low sugar drinks, snack on raw fruit and 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 you 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 adjust 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 and 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.

Remember: Symptoms are normal, harmless and temporary.



Managing Stress

Exercise is a great alternative, it can help:



- 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, 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 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.

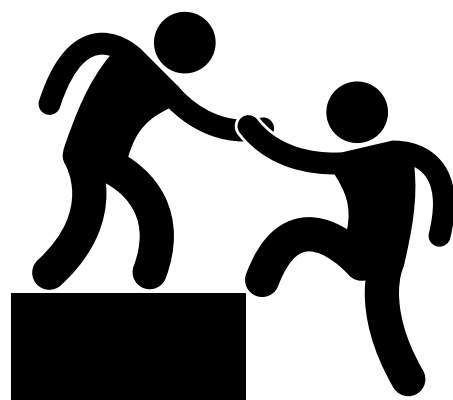
Keep Learning

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.

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.



[NHS - Vaping to quit smoking](#)

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.



Resources: Many thanks to **Smokefree Sheffield**

