

Had Enough?

Thinking about quitting?

There are tools available to help you quit.

Download the [quitSTART app](#) or try

SmokefreeTXT by [signing up online](#) or

texting **QUIT** to **47848**. Here are some tips

from [smokefree.gov](#)

How to Quit Vaping

Quitting vaping can be easier when you prepare in advance and have a plan. Find out what steps you can take to get ready to quit vaping.



Set Your Quit Date

The first step to giving up vaping is to choose a date to quit. Here are some tips to help you pick a quit date:

- **Give yourself time to get ready.** Getting ready can help you feel confident and give you the skills you'll need to stay quit.
- **Start cutting back.** Reducing the number of times you vape during the day will help you reduce the amount of nicotine in your system. You will have less cravings and withdrawal symptoms if you do this first.
- **Don't put it off for too long.** Picking a date too far away gives you time to change your mind or become less interested in quitting.
- **Set yourself up for success.** Try not to pick a quit date that will be stressful, like the day before a big test.

Have you picked your quit date? Circle it on your calendar or set an alert on your phone, and [make sure you have a plan](#) for what you will do on the big day.

Know Why You're Quitting

There are many good reasons to stop vaping. Do you want to feel healthier? Save money? Knowing why you want to quit vaping can help you stay motivated and focused on your goal to become vape-free.

Think about the things in your life that are important to you. Does vaping get in the way of what's important?

Know What Challenges to Expect

The first few weeks of quitting vaping are usually the hardest. Take it one day at a time.

Learn your triggers. Certain people, feelings, or situations can cause you to want to vape. It's important to know your triggers. It may be best to avoid situations that can trigger you to vape when you're in the early stages of your quit.

Prepare for cravings and withdrawal. Think about how you will fight cravings and deal with withdrawal symptoms. Knowing what to expect and having strategies for handling thoughts about

vaping or uncomfortable feelings will help you succeed and stay with your quit in those tough moments.

Resist temptations. Avoid places and situations where others are vaping. If you can't avoid being around vaping, plan for how you will handle these situations. Maybe that means you take a temporary break from friends you vape with and think about what you will say if somebody offers you a vape.

Imagine Your Vape-Free Self

It might be hard to imagine your life without e-cigarettes – especially if vaping is something you do a lot throughout the day. Here are some strategies that can help:

- **Make the mental shift.** Start thinking of yourself as someone who doesn't vape. This will help separate you from vaping and give you the confidence to quit and stay quit.
- **Focus on the positive.** Make a list of all the positive things about yourself that don't involve vaping and put it somewhere

you can see often, like on your bedroom wall or phone. It will remind you that vaping does not define who you are.

- **Picture the future you.** Think about who you want to be in the future. Compare that with who you are now. Ask yourself: How are they different? How does vaping get in the way of what you want for the future? The answer to this can help motivate you to stick to your decision to quit.

Build Your Team

Surrounding yourself with supportive people can make it easier to quit vaping.

Ask for help. You don't have to do it alone. If you feel comfortable, tell your friends and family that you're quitting vaping

and that you will need their support. Here are some ways to ask for the support you need.

- **Be specific.** Whether you need tough love or something softer, tell your friends and family what type of support you want, and how often you want their help.
- **Say thank you.** Tell your support team you appreciate them. A thank-you can go a long way. Research also shows that being grateful can improve physical health, mental health, and self-esteem.
- **Support others.** Support is a two-way street. Check-in with your friends and ask them what you can do to help them. Or, do something to brighten someone's day.

Dealing with people who don't get it.

Some important people in your life may not understand your decision to quit. It can be frustrating or discouraging when

someone in your life is not as supportive as you'd like. Try one of these strategies:

- **Distance yourself.** You may need to take a break from unsupportive people when you first quit. Let them know that you need to make quitting vaping your priority right now.
- **Recommit to quitting.** Remind yourself why you are quitting and why being vape-free is important to you.
- **Ask them to respect your decision.** Not everyone will know how to be supportive, and that's okay. Ask them not to vape around you or offer you to use their vape.
- **Lean on positive people.** Spend time with people who make you feel good about your decision and who want you to quit.

Useful? Here are some other links from [smokefree.gov](https://www.smokefree.gov) that you might find helpful:

Your first day without vaping

<https://teen.smokefree.gov/quit-vaping/your-first-day-without-vaping>

Dealing with cravings

<https://teen.smokefree.gov/quit-vaping/deal-with-vape-cravings>

Understanding your vaping triggers

<https://teen.smokefree.gov/quit-vaping/understand-your-vaping-triggers>

Vaping addiction and nicotine withdrawal

<https://teen.smokefree.gov/quit-vaping/vaping-addiction-nicotine-withdrawal>

Anxiety, Stress and Vaping

<https://teen.smokefree.gov/quit-vaping/anxiety-stress-vaping>

Depression and Vaping

<https://teen.smokefree.gov/quit-vaping/depression-vaping>