

READY TO QUIT VAPING?

HERE ARE SOME TIPS

KNOW WHY YOU'RE QUITTING ?

Think about why quitting is important to you. These reasons can help you stay motivated to remain vape-free.

- My health and fitness levels have declined
- Vaping is interfering with my schoolwork and grades
- Vaping is getting in between my family, friends and/or my boyfriend or girlfriend
- I don't have any money because it all goes to vaping

1

Make a list of all of the reasons that quitting vaping is important to you and keep it in a place that you will see it often, like your phone.

SET YOUR QUIT DATE

Picking a quit date will hold you accountable to stop by a deadline.

- Pick a date that isn't too far into the future; sooner is better!
- Give yourself time to prepare
- Plan something fun for the date that you quit. Give yourself something to look forward to!

2

VISUALIZE A VAPE-FREE YOU

Vape-free you is going to do great things! Keep this in mind:

- Think of all the things you will do as a vape-free person
- Develop a mantra or affirmation that you can repeat to yourself when you are doubtful of your decision to quit
- Remind yourself of the positive things that will come from your decision

3

BUILD YOUR TEAM

Quitting will be challenging enough with a good support team. Avoid people that will make things harder.

- Seek out other people who are trying to quit. Create a support network
- Let your friends know that you've made the decision to quit. Let them help!
- YOU be the support THEY need! It's a two-way street

4

CONGRATULATIONS!

Making the decision to quit is not easy but you've taken the first step!



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