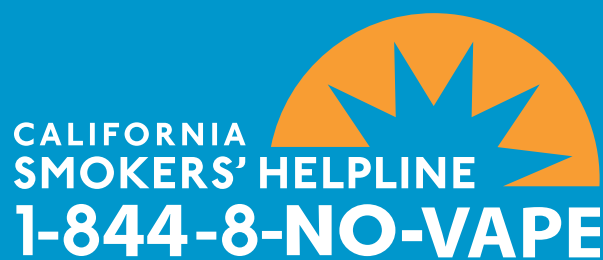


Quit Vaping Guide

YOU'RE ONE STEP CLOSER



WHAT'S INSIDE

- 1. Why Quit Vaping?
- 2. How to Quit Vaping?
- 3. Staying Vape-Free?



I. Why Quit Vaping?

MOTIVATION

Before you try, it's important to think about why you want to quit. In other words, what is your motivation?

Motivation is your reason to do something.

You need a strong reason to quit vaping. For example, not wanting to be controlled by nicotine can motivate you to quit vaping.

Motivation can come and go.

This may sound familiar: "I want to quit vaping, but it helps me deal with stress." Things like stress can really test your motivation. One way to get through these challenges is to keep reminding yourself why you want to quit.

Can you do it? Check your motivation.

Everyone has the ability to quit. **Imagine this:** You are offered a million dollars to quit vaping. What would you do? Most people would quit and take the money. This shows that quitting is really about motivation, not just ability. Your own reason to quit, if strong and specific, can motivate you in the same way.

What would motivate you most?

Freedom? Health? Money? Your reasons are the most important.

My Main Reason to Quit

Now that you've thought about your reasons to quit,
You'll need a plan >>

2. How to Quit Vaping?

4 STEP PLAN

STEP 1 PREDICT YOUR TRIGGERS

Triggers are things that make you want to vape, like stress and hanging out with people who vape. Think ahead to your first week of quitting. Fill in your triggers below.

Not sure what your triggers are?

Or maybe it's hard to pinpoint your triggers because you vape all day long? Keep track of your vaping for one week. Record when and why you vape.

STEP 2 CHOOSE YOUR STRATEGIES

Strategies are things you can do instead of vaping. Look at the triggers you listed. What does vaping do for you? Gets rid of stress? Helps with boredom?

Now, think of something that is enjoyable and healthy that you can do instead. Fill in your strategies next to your triggers below. [Check out the next page for strategies. >>](#)

Example

TRIGGERS Times I'll want to vape	STRATEGIES What I'll do instead
When I get stressed out	Do deep breathing, listen to music
Cravings	Drink cold water w/straw, take a walk
On break from class	Check messages/play games on phone

My Triggers & Strategies

TRIGGERS Times I'll want to vape	STRATEGIES What I'll do instead

Here are some things people have used to help them quit.

Stay busy and distract yourself

- Learn something new.
- Wash the car.
- Water the plants.
- Go online.
- Play music.
- Read with the kids.
- Call or text a friend.
- Take a shower or bath.
- Walk with a friend.
- Watch a video.



Keep your hands and mouth busy

- Drink water.
- Brush your teeth.
- Chew gum.
- Wash your hands.
- Cut fruits & veggies.
- Draw or doodle.
- Eat pumpkin seeds.
- Download a new app.
- Peel and eat an orange.
- Chew on a flavored toothpick.

Change things around

- Watch a movie in a different chair.
- Hang out with friends who don't vape.
- Sleep in for 10 extra minutes.
- Go where no one can vape.
- Switch the order of your morning routine.
- Read the news in a different room.
- Change the flavor of your coffee.
- Make a rule: no vaping indoors.

Stay motivated and positive

- Think about benefits of quitting.
- Remind yourself the craving will pass.
- Do deep breathing.
- Read over your quit plan.
- Review your reasons to quit.
- Tell yourself:
"I won't let vaping control me."
"Vaping is not an option."

IF YOU VAPE ALL DAY LONG ...

- Get rid of things that remind you of vaping (devices, e-liquid, pods, chargers, etc.)
- Find something else to hold in your hand or carry in your pocket.
- Remind yourself often why you are quitting!
- Stay away from people who are vaping (in the early part of quitting).

As you get closer to your quit date, try cutting down on how much nicotine you vape:

- Track the number of times you vape each day. Reduce how much you do it every day.
- Put your device in a hard-to-get spot.
- Charge the battery less often.

What about Quit Aids?

Can they help?

Smokers often use quit aids to stop smoking. However, there are no studies yet to show that nicotine patches, gum and lozenges (Nicotine Replacement Therapy--NRT) or non-nicotine medications (Chantix® and Zyban®) work to quit vaping. However, some people have reported using NRT, like patches and gum to help them quit.

Dosage matters

Patches, gum, and lozenges come in different doses. For quitting smoking, the right dose depends on number of cigarettes smoked per day. With vaping, it's not clear what dose of NRT to use.

- People don't always know how much nicotine is in their vapes.
- If they vape all day long too, it's hard to know how much nicotine they get.

If you used to smoke...

If you recently quit smoking by vaping, you may still be getting the same amount of nicotine as before. This could be a guide for NRT dosing.

- For example, if you used to smoke a pack a day (about 21 mg worth of nicotine), the 21 mg patch could be right for you.

Check with your doctor

If you are interested in these options to quit vaping it would be good to talk with your doctor.

GET OUR FREE MOBILE APP



- ✓ Log your Motivation
- ✓ Make a plan to deal with your Triggers.
- ✓ See Strategies that have worked for others.
- ✓ Set a Quit Date.
- ✓ Crush Cravings through games, tips & exercises.



More info:
novapes.org/app

STEP 3 GET SUPPORT

Talk with your family and friends.

"I wasn't sure at first, but after talking with my brother who had quit vaping, I felt better about giving it a try."

-- Andrew, age 34

Call a Quitline

"I called 1-844-8-NO-VAPE. The counselors there were great. They helped me with a plan and gave me support along the way. It was free and it worked!"

-- Hannah, age 29

Ask for help.

"I asked my dad to do more things with me because I knew I wouldn't vape around him."

-- Christian, age 16

"I tried to quit once before, but I was being mean to everyone. This time I asked for help, rather than me doing it alone. They gave me lots of support."

-- Amai, age 24



STEP 4 PICK A QUIT DATE

It's important to choose a date to quit. This shows that you are serious. And you're more likely to give it a try!

MY QUIT DATE

THE DAY BEFORE YOU QUIT:

- Gather the things that will help you quit, like mints, pumpkin seeds, straws and tea.
- Throw or give away any leftover vapes, e-liquid bottles, pods and chargers.
- Ask a family member or friend for support.
- Remind yourself why you want to quit.
- Try out some of your strategies to see how they work.

3. Staying Vape Free

THE FIRST FEW DAYS

New Habits

The first few days will probably feel strange. This is normal, since vaping will not be part of your life anymore. This feeling will fade over time as you make new habits and get used to a life without vapes.

Withdrawal symptoms

These can happen too, because you won't be getting the nicotine you're used to anymore. But your body will be clearing out the nicotine and other harmful chemicals. Symptoms usually go away after a few days or a few weeks.

Here are some challenges that can come up in the first few days, and some ideas on how to handle them without vaping.

Challenges & Suggestions



THE FIRST WEEK

Your first week without vaping may seem long as you get used to the changes. Here are a few challenges you may have, and some ideas to help you get through them without vaping.

Trouble Sleeping

- Listen to a podcast or music.
- Deep breathing can calm you.
- Try to drink less coffee, soda, and tea with caffeine; and avoid it later in the day.

Easily upset

- Take a walk.
- Talk to a friend.
- Do deep breathing.
- Exercise.

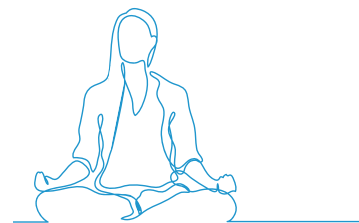
Strong Urges to Vape

Keep using your plan. Try the four D's below.

DELAY



- Urges will pass in a few minutes.
- You are in control, not the cravings and urges.
- Pay attention to your breathing.



DISTRACT YOURSELF



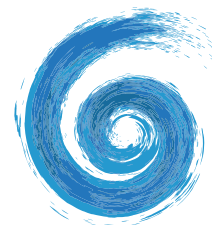
- Play a game.
- Put on your favorite song
- Dance the cravings away.



DRINK H2O



- Engage your hands and mouth.
- Have your water bottle handy throughout the day.
- Take sips when cravings hit.



DO DEEP BREATHING



Do each step for 4 seconds. Repeat.

1. Inhale deeply through your nose.
2. Hold your breath.
3. Exhale through your mouth.
4. Hold

Stress

You may already have a lot of stress in your life. Quitting vaping may feel like you're just adding more. But this will pass!

Here are some healthy ways that people deal with stress. You could:

Talk with others about any worries;
don't keep them bottled up.

Get exercise. Even a few
minutes a day will help.

Play with
a pet.

Play a game.

Keep a personal journal.

Practice your faith.

Text a friend

Eat well. Cut down on
alcohol and caffeine.

Hold onto positive thoughts.

Remember to Breathe

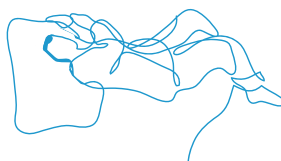
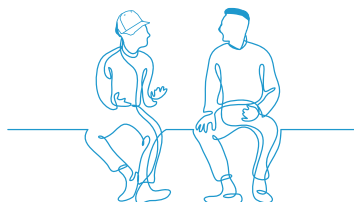
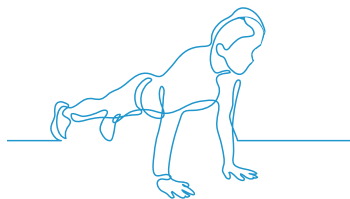
Close your eyes and focus on your breathing.

Take a deep breath through your nose. Let your belly and chest fill with air. Then slowly exhale through your mouth. Repeat several times.

Ask for help when you need it.

Don't forget to laugh.

Get plenty of sleep.



Alcohol

Drinking alcohol can make it harder to quit for two main reasons:

- Alcohol can be a trigger to vape.
- Alcohol makes it easier to do things without thinking it through - like asking someone for a vape.

Some suggestions:

- Avoid alcohol during your first few weeks of quitting.
- When others are drinking...
 - » Try having non-alcoholic drinks.
 - » Keep substitutes like gum, candy, straws, or toothpicks with you.

Being Around People Who Are Vaping

It's normal to have an urge to vape when you are around people vaping.

Some suggestions:

- Let people know that you are quitting and that you would like their support.
- Ask your family and friends who vape:
 - » not to vape around you
 - » not to leave vapes, e-liquid bottles, pods and chargers laying around
 - » not to give you a vape, even if you ask
- If you have to be around people who are vaping:
 - » Keep your hands and mouth busy with things like gum, toothpicks and straws
 - » Keep reminding yourself why you are quitting

THE POWER OF POSITIVE THINKING

Repeat these things to help you through the tough times.

- I am in control of my quitting.
- I don't need to vape anymore.
- I am setting a good example for my friends and family.
- By not vaping, I am becoming the person I want to be.
- I look more attractive when I'm not vaping.



SLIPS & RELAPSE

If You Slip and Vape Again

People sometimes slip and vape a little. This is common. But you can keep a slip from turning into a relapse.

What's the difference between a slip and a relapse?

Slip

Vaping after quitting, but getting back on track.

For example:

You vape.

Then you feel bad and look at what went wrong in your plan to quit.

And you think, "Some triggers are hard. I need to think of a better plan to deal with them."

So you keep going: "It was just a slip, and it taught me something. Now I'm going to keep trying to stay away from vaping."

SLIP

Relapse

Returning to a regular pattern of vaping after quitting.

For example:

You vape.

Then you feel bad and start to blame yourself.

And you think, "I vaped because I don't have what it takes to quit."

So you give up: "I've already failed so I'll just go back to vaping."

RELAPSE

If you vape at all after quitting, try not to be hard on yourself. Instead, tell yourself this is just a slip. Rework your plan and get right back on track.

Why Keep Trying?

Don't Give Up!

People who vape often have to try several times before they quit for good.

“

At a party, my friends were vaping so I vaped too. I'll be ready for that next time. I really want to quit. - Luke, age 23

”

“

If you slip, think about what went wrong. Then change your plan to prepare better for next time. - Dave, age 41

”

“

After two weeks, I slipped and vaped. But I figured out what went wrong and got right back to quitting. I didn't want to start all over again! - Sara, age 29

”

“

Even if you go back to your old vaping habit, you can still get back on track. Set a new quit date and try again. Never give up. You will get there!

- Dr. M. Stole
Pulmonary specialist

Every try can teach you more about how to quit for good. Quitting for any length of time is a success.

- Dr. J. Rappaport
Primary care

”

VAPING MARIJUANA

A FEW THOUGHTS

Your safety

There have been many reports of vaping-related illnesses, and even deaths from vaping. These have been linked to THC, contaminants, vitamin E acetate and oils found in some vapes, that when heated and inhaled into the lungs cause severe damage.

It's safest not to vape any form of marijuana.

Dependence

If you vape all day long, it is difficult to know how much marijuana you're getting. And it's hard to know how dependent you might be on marijuana.

To learn more about this, track when and how much you vape and try to cut back. See how you feel.

Dual use

Nicotine and marijuana can be a trigger for each another. If you vape both, this can make quitting either one more difficult.

Consider quitting both.

Want to stop vaping marijuana?

This booklet is designed to help people stop vaping nicotine, but you can use the ideas to help you stop vaping marijuana too. For example:

- Find a strong reason to quit
- Make a solid plan
- Set a quit date
- Get support
 - » California SUD treatment referral line:
» (800) 879-2772
 - » (916) 327-3728 – Outside California.

WRAP UP

Quitting vaping is a great accomplishment.

When you've been quit for a while, others may ask you for advice. Tell them what worked best for you. You can even give them this booklet. Encourage them to try quitting and never to give up.

Well done! Keep up the good work!



Many thanks

We would like to thank a number of people for their support in creating this booklet. First, the clients we have worked with over the years. Their experience and insights provide the basis for this content. Second, the counselors at the California Smokers' Helpline. Their extensive work with clients helped to shape ideas for topics to include. Third, the California Tobacco Control Program for their helpful review of the booklet draft. Finally, the field-test participants. They gave valuable feedback about what they would like from a quit vaping booklet.

Text:

Gary Tedeschi, PhD
Sharon Cummins, PhD
Shu-Hong Zhu, PhD

Other contributions:

Jesus Calleros, MPH
Lesley Phillips, MPH
Emily Aughinbaugh

NOVAPES.ORG

Call & Chat

M-F 7 am-9 pm Sat 9 am-5 pm PT

English: 1-844-866-8273

Spanish: 1-800-456-6386

Chinese: 1-800-838-8917

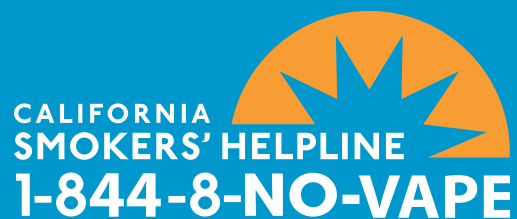
Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

Chat: chat.novapes.org

Texting Program: Text "Quit Vaping" to 66819

Mobile App: novapes.org/app



Copyright 2020 The Regents of the University of California. All Rights Reserved.
Major funding provided by the California Department of Public Health and First 5 California.