



**CRANSTOUN**  
Here4YOUth, Dudley

# Vaping

Your self-help guide to quitting



Adapted from a resource created by Sandwell's Drug Education, Counselling and Confidential Advice (DECCA)

# Quitting vaping: Self help

Vaping has been proven to not be as harmful as smoking cigarettes, **but it is not risk free**. Because vapes have only been around for quite a short amount of time, we do not know the long-term effects of vaping.

Experts agree that vapes should only be used by over 18's, who are trying to quit smoking tobacco. Vaping is not recommended for non-smokers and young people (under 18's).

Most vape liquids contain nicotine, which is a very addictive substance. Nicotine stimulates the nervous system and increases heart rate and blood pressure, which can lead to irritability, anxiety, trouble sleeping & difficulty concentrating.

Quitting vaping is easier if you have support from someone trained to help you prepare and put a plan in place, such as a school nurse.

To find out more information on vaping and nicotine visit **Talk to Frank** [www.talktofrank.com](http://www.talktofrank.com)

## Reasons for quitting

Give yourself some time to think about why you want to quit and what the benefits would be. There are no right or wrong answers. If you're not sure, think about the following:

- **Is vaping affecting your health?**
- **Is vaping controlling your life?**
- **Is vaping affecting your relationships with your family, friends or other people who are important to you?**
- **Is vaping or thinking about vaping affecting your education e.g. having to leave lessons to vape?**
- **Is vaping affecting your ability to enjoy or partake in the activities and hobbies you usually enjoy?**
- **Is vaping costing you a lot of money?**

Make a list of all the reasons you want to quit and put it in a place you'll see it often. It might help to keep a list on your phone or use the **Quit Plan Template**. When you feel the urge to vape look at that list to remind yourself of the reasons why you want to quit.

## Set a quit date

The next step to becoming vape-free is to choose when you want to quit. **Give yourself time to prepare!** Do not pick a date too far in the future, this will give you time to change your mind or become less motivated to start your quit journey.

Choose a date that is no more than a week or two away and avoid picking a date that clashes with a stressful event such as the day before an exam.

Now you have a date, make a note of that date, circle it on your calendar or enter a reminder into your phone.

## Tell family & friends

Quitting vaping is easier when the people in your life support you. Let them know that you are planning to quit, your reasons why and explain how they can help you:

- Ask them to check in with you to see how things are going
- Ask them to help you think of vape-free activities you can do together
- Ask a friend or family member who vapes or smokes to quit with you, or at least not vape or smoke around you

## Identify triggers

A trigger is a feeling, activity, place, time, or anything that will make a person want to vape. Spending time with friends or going through stressful events are common triggers, but everyone will have their own.

The main kind of triggers are:

- **Social** e.g. spending time with people who vape or use tobacco products, seeing people vape on social media
- **Emotional** e.g. being stressed, anxious, nervous, bored
- **Every day routine** e.g. waking up, after a meal, time in between activities, walking to school, waiting for a bus
- **Nicotine withdrawal** symptoms and cravings
- If you're not sure what your triggers if may be helpful to keep a diary for a few days to help you spot any patterns.

## Create a quit plan

Once you know what your triggers are, you can make a plan of action for when those triggers arise. You could write it down using the **Quit Plan Template**. It may mean making some small changes to your daily routine. There are some examples overleaf you could use in your plan.

## Social Triggers

- Avoid places where people vape. Explain to your friends that you're not avoiding them, that you're avoiding situations that might make you want to vape
- Unfollow social media accounts that share vaping content
- Ask people not to vape around you or not to offer them to you
- If someone does offer you a vape, tell them "no thanks, I've quit"

## Emotional triggers

- Take a break. Take a little time out from an upsetting or stressful situation to calm down. Go for a walk, listen to some music or find a quiet spot to take some slow, deep breaths
- Exercise is a great way to de-stress; go for a walk, dance or do a work-out
- Talk to someone who helps lift you up when you feel down

## Every day routine triggers

- Take a different route to school or college
- Use time in between activities to do a puzzle or play a game on your phone
- Pick a situation and challenge yourself not to vape. After you succeed with the first one, try another one

## Nicotine withdrawal and cravings

The worst of the nicotine withdrawal and physical cravings will be over in a few days, once all the nicotine has left your system. Psychological cravings can last for a few weeks. Take it one step at a time and try not to worry about how you will get through it.

Cravings typically last about 3-5 minutes and there are lots of ways you can try to get through that craving:

- Keep your mouth busy (eat something healthy, drink water, chew sugar-free gum, have a sugar-free mint etc.)
- Keep your hands busy & distract yourself (play a game on your phone, play with a pen or fidget toy, phone a friend etc.)
- Go to a place where vaping isn't allowed
- Do a quick burst of exercise
- Remember your reasons for quitting by reading the list you made

## The evening before

On the evening before your quit date:

- Revisit your list of reasons to quit
- Look at your plan
- Imagine yourself as vape-free. 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.
- Before you go to bed throw away all your vaping supplies

## The quit date and beyond

On your quit day, the most important thing is that you don't vape, not even one hit. Stick with your plan to help you deal with triggers and cravings.

**Take it one day at a time. Focus on getting through each day without vaping.**

Keep a note of how much money you're saving. If things don't go to plan, start again tomorrow. Quitting can be tough so don't feel down if things go wrong or if you have a set-back. Keep trying and you'll get there.

**Remember to celebrate your success, each day without vaping is a good day.**

## Extra support

Quitting vaping is easier if you get support from someone specially trained.

If you're struggling to quit by yourself make an appointment with your school or college nurse, who can support you.

**If you haven't got access to a nurse you can get support from Dudley's Young Person's Wellbeing & Substance Use Service, Here4YOUth**



**SCAN ME to  
visit  
Here4YOUth's  
website**

# My Vaping Quit Plan

My quit date:

My reasons to quit vaping:

My support network:

Who can I reach out to? Who can I speak to? Who will support me through my quit journey?

## My triggers and coping strategies

Write down your triggers in the left column and how you will cope then in the right column.

My trigger	How I will cope