

How to stop vaping

1. Know why you're quitting. Make a list of all the reasons why you want to stop.
2. If you use cigarettes, you should plan to quit smoking and vaping at the same time.
3. Set your quit date. Give yourself time to get ready but don't put it off for too long.
4. Take it one day at a time and prepare for the challenges.
5. Learn your triggers and try to avoid them.
6. Think about how you'll fight the cravings and deal with withdrawal.
7. Avoid places and situations where other people are vaping.
8. Imagine your vape-free self. Focus on the positive.
9. Ask for help from family, friends and your doctor.
10. Chat with or call a quitting counsellor in your area.