

TIPS TO QUIT VAPING

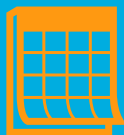


1. Figure out what's motivating you.

Make a list of your reasons for making this change.

2. Set a date.

Choose a date that sets you up for success.



3. Prepare for triggers and cravings.

Think about the situations that make you want to vape, and brainstorm how to get through them.



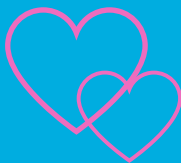
4. Build your support system.

Your loved ones, health-care providers, and the QuitNow community can support you through this change.



5. Go easy on yourself.

If you slip, don't beat yourself up. Tomorrow is a new day and you can always try again.



REMEMBER

You're not alone. We're here to help.

VISIT [QUITNOW.CA](https://quitnow.ca)

or call 1-877-455-2233 to get support from a Quit Coach.