

[Quit Vaping \(/quit-vaping\)](#) / How to Quit Vaping

How to Quit Vaping

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Know Why You're Quitting

There are many good reasons to quit vaping. Do you want to feel healthier? Save money? Knowing why you want to quit vaping can help you stay motivated and focused on your goal to become vape-free.

Think about the things in your life that are important to you. Does vaping get in the way of what's important? If you're not sure, try asking yourself these questions:

- Is vaping affecting my health?
- Is vaping controlling my life?
- How does vaping affect the way I think and feel?
- How does vaping affect my relationships with my friends, parents, boyfriend/girlfriend, or other people important to me?
- How does vaping or thinking about vaping interfere with my schoolwork or grades?
- Are there activities that I used to enjoy that I don't enjoy anymore because of vaping?
- Am I spending a lot of money to keep vaping?
- What am I looking forward to the most after quitting?

Your answers to these questions can help you see how vaping is affecting your life, maybe in ways you hadn't thought about before. Make a list of all the reasons that you want to quit vaping and put it in a place where you will see it often. It might help to keep the list on your phone. When you have the urge to vape, look at the list to remind yourself why you want to quit vaping. Frequently reminding yourself why you want to quit can keep you focused on quitting vaping.

Quit Tobacco Completely

Some people who vape also use cigarettes or other tobacco products. If you smoke cigarettes or use other tobacco products besides vapes, now is a good time to quit those too.

We know it can seem challenging to quit smoking or using other tobacco products at the same time as quitting vaping, but becoming completely tobacco-free is the best thing you can do for your health.

Remember: There are tools available to help you quit. Download the [quitSTART app \(/become-smokefree/quitstart-app\)](#), or try SmokefreeTXT by [signing up online \(/become-smokefree/smokefreeteen-signup\)](#), or texting **QUIT** to **47848**.

Commit to Your Quit

The first step to giving up vaping is to choose a date to quit. Here are some tips to help you pick a quit date:

- **Give yourself time to get ready.** Getting ready can help you feel confident and give you the skills you'll need to stay quit.
- **Don't put it off for too long.** Picking a date too far away gives you time to change your mind or become less interested in quitting. Choose a date that is no more than a week or two away.
- **Set yourself up for success.** Try not to pick a quit date that will be stressful, like the day before a big test.

Have you picked your quit date? Circle it on your calendar or set an alert on your phone, and make sure you have a plan for what you will do on the big day.

Create Your Quit Plan

Create a [personalized quit plan \(/quit-plan\)](#) to help you stay confident and motivated to quit vaping. Having a plan for handling the tough times can help you stay on track and increases your chances of quitting successfully.

Know What Challenges to Expect

The first few weeks of quitting vaping are usually the hardest. Take it one day at a time. You may face some challenges along the way, but knowing what to expect and being prepared can help.

Learn your triggers. (/quit-vaping/understand-your-vaping-triggers) Certain people, places, feelings, or situations can cause you to want to vape. It's important to know your triggers. It may be best to avoid situations that can trigger you to vape when you're in the early stages of your quit.

Prepare for cravings and withdrawal. Think about how you will [fight cravings \(/quit-vaping/deal-with-vape-cravings\)](#), and [deal with withdrawal symptoms \(/quit-vaping/vaping-addiction-nicotine-withdrawal\)](#). Knowing what to expect and having strategies for handling thoughts about vaping or uncomfortable feelings will help you succeed and stay with your quit in those tough moments.

Resist temptations. Avoid places and situations where others are vaping. If you can't avoid being around vaping, plan for how you will handle these situations. Maybe that means you take a temporary break from friends you vape with and think about what you will say if somebody offers you a vape.

Imagine Your Vape-Free Self

It might be hard to imagine your life without e-cigarettes – especially if vaping is something you do a lot throughout the day. You might feel like a piece of yourself is missing when you first quit. It can take time to get used to the new vape-free you, but over time this will become your new normal. Here are some strategies that can help:

- **Make the mental shift.** 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.
- **Focus on the positive.** Make a list of all the positive things about yourself that don't involve vaping and put it somewhere you can see often, like on your bedroom wall or phone. It will remind you that vaping does not define who you are.
- **Picture the future you.** Think about who you want to be in the future. Compare that with who you are now. Ask yourself: How are they different? How does vaping get in the way of what you want for the future? The answer to this can help motivate you to stick to your decision to quit.

Build Your Team

Surrounding yourself with supportive people can make it easier to quit vaping. Friends, family, co-workers, and others can be there to listen, boost your mood, and distract you from using your vape.

Ask for help. You don't have to do it alone. If you feel comfortable, tell your friends and family that you're quitting vaping and that you will need their support. Here are some ways to ask for the support you need.

- **Be specific.** Whether you need tough love or something softer, tell your friends and family what type of support you want, and how often you want their help. For example, if you are feeling stressed or anxious after school, ask a friend to help keep you distracted.
- **Say thank you.** Tell your support team you appreciate them. A thank-you can go a long way – and it doesn't take much time. Research also shows that being grateful can improve physical health, mental health, and self-esteem.
- **Support others.** Support is a two-way street. Check-in with your friends and ask them what you can do to help them. Or, do something to brighten someone's day.

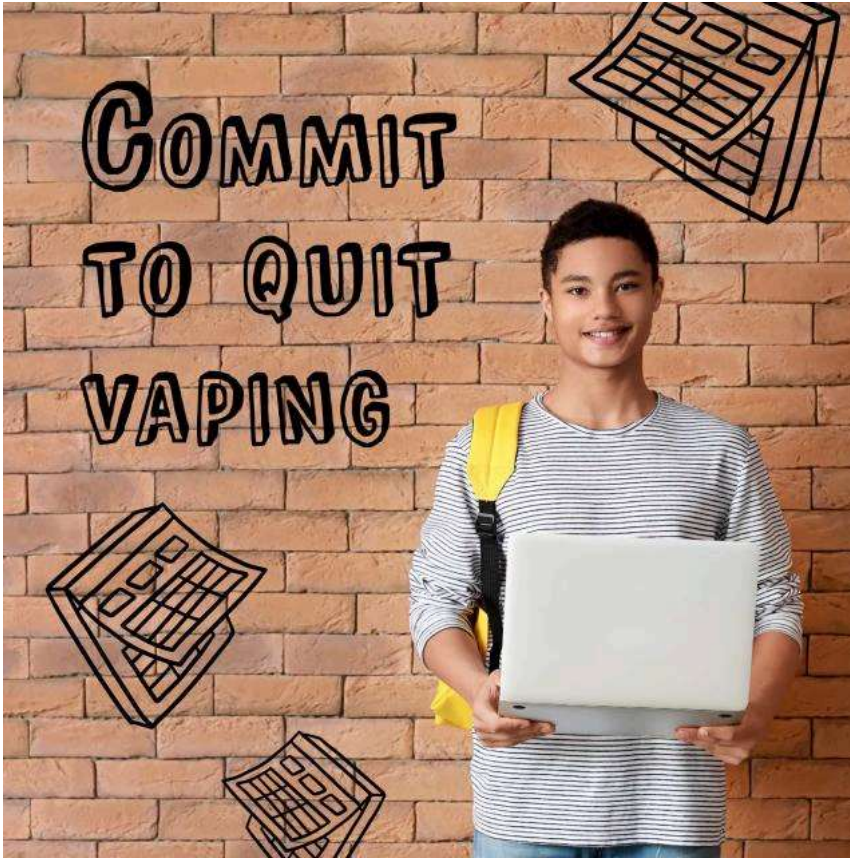
Talk to a doctor. Talk to your doctor or another health care professional about how to quit vaping. Ask how they might be able to help you. They can offer support and resources.

Talk to a tobacco cessation counselor. Get free, personalized support from an expert. Call [1-800-QUIT-NOW \(tel:1-800-784-8669\)](tel:1-800-QUIT-NOW) or [1-877-44U-QUIT \(tel:1-877-448-7848\)](tel:1-877-44U-QUIT) to talk with a tobacco cessation counselor. You can also chat online using the National Cancer Institute's [LiveHelp \(https://livehelp.cancer.gov/app/chat/chat_launch\)](https://livehelp.cancer.gov/app/chat/chat_launch) service.

Dealing with people who don't get it. Some important people in your life may not understand your decision to quit. It can be frustrating or discouraging when someone in your life is not as supportive as you'd like. Try one of these strategies:

- **Distance yourself.** You may need to take a break from unsupportive people when you first quit. Let them know that you need to make quitting vaping your priority right now.
- **Recommit to quitting.** Remind yourself why you are quitting and why being vape-free is important to you.
- **Ask them to respect your decision.** Not everyone will know how to be supportive, and that's okay. Ask them not to vape around you or offer you to use their vape.
- **Lean on positive people.** Spend time with people who make you feel good about your decision and who want you to quit.

Quit Notes



[Quit Vaping \(/quit-vaping\)](#) / Your First Day Without Vaping

Your First Day Without Vaping

Your first day without vaping can be tough. Here are five steps you can take to handle your quit day.



1. Do Not Vape

On your quit day, the most important thing is that you don't vape—not even one hit. Having a plan for how you will deal with triggers and urges to vape can make your quit day easier. Take it one day at a time. Focus on getting through today without vaping.

Revisit your quit plan to stay focused and confident during your quit day. If you haven't made a quit plan yet, it's not too late. Build your [personalized quit plan now \(/quit-plan\)](#).

If you smoke cigarettes or use other tobacco products, now is a good time to quit those too. We know it can seem challenging to quit smoking or using other tobacco products at the same time as quitting vaping, but [becoming totally tobacco free is the best thing you can do for your health \(https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm\)](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm). There are [free tools \(/become-smokefree/tools-for-quitting\)](#) to help you quit. Download our [quitSTART app \(/become-smokefree/quitstart-app\)](#), sign up for [SmokefreeTXT \(/become-smokefree/smokefreeteen-signup\)](#), or chat with an expert online using the National Cancer Institute's [LiveHelp \(https://livehelp.cancer.gov/\)](https://livehelp.cancer.gov/).

2. Stay Busy

You will probably think about vaping a lot today, which is totally normal. Staying busy will help you keep your mind off vaping, withdrawal symptoms, and [cravings \(/quit-vaping/deal-with-vape-cravings\)](#). Try some of these activities:

- Go for a walk, ride a bike, or do your favorite workout.
- Make a new playlist on your favorite music app.
- Have gum or sugar-free candy handy.
- Keep your hands busy with a pen or toothpick, or play a game on your phone.
- Drink lots of water.
- Relax with deep breathing.
- Plan a fun activity with friends and family who do not use vapes or any other tobacco products.

3. Avoid Vaping Triggers

Triggers are the people, places, things, and situations that set off your urge to vape. On your quit day, [try to avoid triggers \(/quit-vaping/understand-your-vaping-triggers\)](#). Here are some tips to help you outsmart some common vaping triggers:

- Throw away your vapes, e-liquid bottles, pods, and chargers.
- Go to places where vaping isn't allowed.
- Stay off social media accounts that remind you of vaping.
- Get plenty of rest and eat healthy. Feeling tired or run down can trigger you to vape.
- Change your routine to avoid the places and things you might associate with vaping.

4. Ask for Help

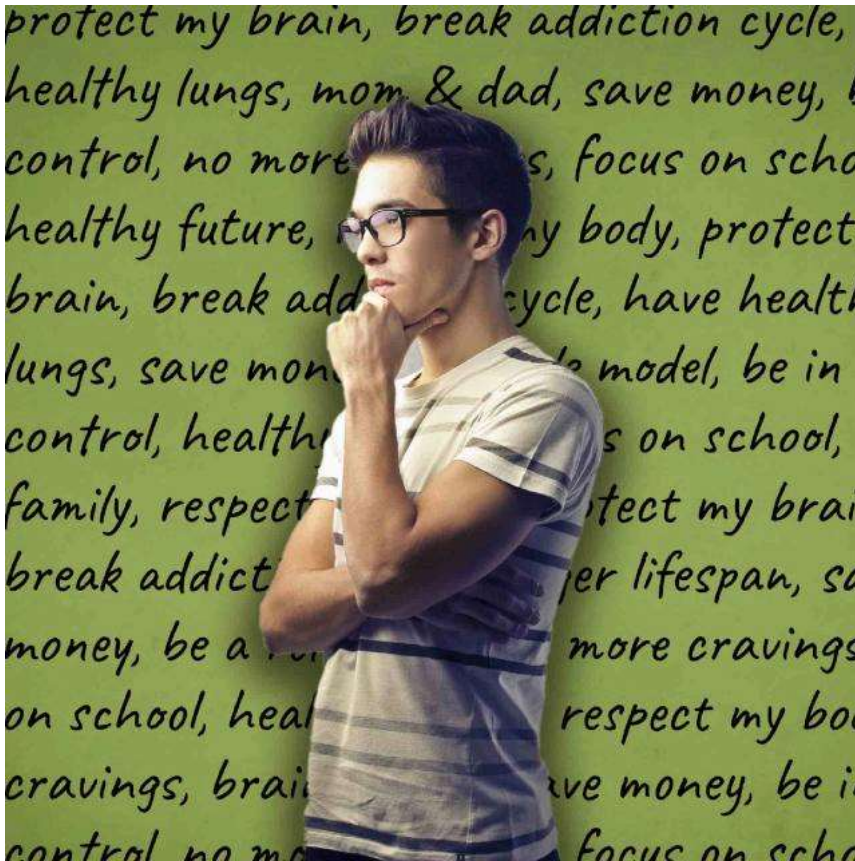
You don't have to do this alone. Tell your family and friends when your quit day is. Ask them for support on quit day and in the first few days and weeks after. They can help you get through the rough spots. Let them know exactly how they can support you. For example, ask a friend to help you celebrate your first day being vape-free.

You can also get [free support from a tobacco cessation expert \(https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert\)](https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert), by calling [1-800-QUIT-NOW \(tel:1-800-784-8669\)](tel:1-800-QUIT-NOW) or [1-877-44U-QUIT \(tel:1-877-448-7848\)](tel:1-877-44U-QUIT), or by chatting online using the National Cancer Institute's [LiveHelp \(https://livehelp.cancer.gov/app/chat/chat_launch\)](https://livehelp.cancer.gov/app/chat/chat_launch) chat service.

5. Reward Yourself

At the end of the day, reward yourself for being vape-free for 24 hours. You deserve it! It doesn't have to be a big or expensive reward. Even taking extra time to do a favorite vape-free activity will make you feel good and help you be ready for day two of your quit attempt.

Quit Notes



[Quit Vaping \(/quit-vaping\)](#) / Understand Your Vaping Triggers

Understand Your Vaping Triggers

Triggers are the things that make you want to vape, like dealing with a stressful situation or seeing someone else vape. Understanding your triggers and learning how to deal with them will help you quit vaping for good.



Know Your Triggers

When you first started vaping, it probably wasn't a big part of your life. But over time, you've built up patterns and routines around vaping. When you quit vaping, it may seem like reminders of vaping are all around you. These reminders can make it hard to stay vape-free.

You may not be able to avoid all the things that remind you of vaping—especially if you vape during many different activities or frequently throughout the day. But knowing your triggers and having a plan will help you quit vaping for good. [Create a quit plan \(/quit-plan\)](#) to help you identify your triggers and choose strategies to stay in control as you quit vaping. Here are some common triggers and strategies for how to deal with them.

Social Triggers

Social situations or events— even scrolling through social media—can trigger the desire to vape. For example, you may crave your vape when you:

- See someone else use a vape
- Smell aerosol from a vape (sometimes called vapor)
- Hang out with friends who vape or use another tobacco product
- Go to a party or other social event
- Study with friends
- Are offered a vape or a new flavor
- See vapes on social media

How to Deal With Social Triggers

Many people who have quit vaping find it helpful to make some changes to their social lives, at least for a little while. Once you've decided to quit, you may want to:

- **Plan ahead.** Think about how you will handle social situations where others are vaping. Practice what you will say if somebody offers you a vape. Keep it simple and direct – “no thanks, I quit.”
- **Avoid places where people vape.** Going to parties or hanging out at a friend's house where you know people will be vaping may make it harder to stay quit. Explain to your friends that you're not avoiding them, but that you are avoiding situations that might make you want to vape.
- **Ask others not to vape around you.** If you are around people using vapes, ask them not to offer you to use theirs.
- **Take a break from social media.** Unfollow social media accounts with images and videos of vape tricks. Unsubscribe to emails that link to places that sell vapes, e-liquids, or pods.

Over time, it will get easier to handle social situations that make you want to vape. Try to stick with it and continue to ask friends and family for their support. You can quit vaping and still have a social life.

- **Lean on supportive people.** Tell your family and/or friends that you are quitting and ask for their help. Spend time with people who make you feel good about yourself and want you to achieve your vape-free goal.
- **Find other ways to connect and have fun.** Remember that vaping doesn't define you or your friendships. You and your friends have plenty of things in common besides vaping. It's helpful to remind yourself of what those things are.
- **Be ready for change.** If you want to quit and your friends don't, it could change some of your relationships. Being ready for those changes—some good, some bad—can help you when you quit vaping.

Triggers in Your Everyday Life

Many people connect vaping with certain activities or parts of their daily routine. Plan ahead with ways to stay vape-free when you're:

- Texting or playing on your phone
- Going in the school bathroom
- Seeing ads for vapes throughout the day
- Studying or doing homework
- Watching TV or playing video games
- Walking or driving

How to Deal With Triggers in Your Everyday Life

Breaking the links between your daily routine and vaping can help you stay vape-free. Here are some tips:

- **Throw out your vapes, chargers, and pods.** Getting rid of daily reminders of vaping will help you resist temptations and make it harder to slip back into vaping.
- **Find a replacement behavior.** Do something else with your hands/mouth instead of using your vape, like chewing sugar-free gum, eating sugar-free candy and mints, doodling, or playing a game on your phone.
- **Change your daily routine.** Switching things up can help you avoid triggers associated with your old routine. Take a different route to school, change where you eat lunch and/or who you eat with, or sign up for a new after-school activity.
- **Stay busy.** Go for a walk, study, exercise, or listen to a podcast. Try something new or do something you already love. Staying busy can take your mind off vaping.
- **Be careful of downtime.** You might be used to vaping during breaks or in between classes. Use this time to do something else—get a head start on your homework, read a book, or check sports stats.

If you smoke cigarettes or use other tobacco products besides vapes, now is a good time to quit those too. These products contain nicotine and are harmful to your health. There are [free tools \(/become-smokefree/tools-for-quitting\)](#) to help you quit. Download our [quitSTART \(/become-smokefree/quitstart-app\)](#) app, sign up for [SmokefreeTXT \(/become-smokefree/smokefreeteen-signup\)](#), or chat with an expert online using the National Cancer Institute's [LiveHelp \(https://livehelp.cancer.gov/\)](https://livehelp.cancer.gov/) service.

Emotional Triggers

Emotions can be powerful triggers for vaping. It's common to want to vape to escape a bad mood or to make a good mood better.

For example, you may notice an urge to vape when you're having negative emotions, like:

- Stressed or anxious
- Lonely
- Bored
- Sad
- Frustrated or upset after an argument

Positive emotions can also trigger the urge to vape, like when you're feeling:

- Happy
- Excited
- Relieved

How to Deal With Emotional Triggers

You can learn to [manage your feelings \(/quit-vaping/anxiety-stress-vaping\)](#) without reaching for your vape. Try these tips:

- **Take a break.** Taking a "time out" from an upsetting or stressful situation can help you calm down. Go for a walk, listen to music, or find a quiet spot and take some slow, deep breaths.
- **Move around.** Getting your body moving is a great way to handle emotions—both positive and negative. Dance, shoot some hoops, or find a workout class or video that gets you moving.

- **Care for yourself.** Eating a balanced diet, drinking lots of water, and getting enough sleep will help keep your mind and body feeling good.
- **Reward yourself.** Even small things like watching a clip of your favorite show, listening to a favorite song or podcast, or giving yourself an extra 30 minutes of doing whatever makes you happy can boost your mood. This is also a great way to celebrate when you're feeling good!
- **Reach out to others.** Whether you are feeling good or bad, turn to the people who care about you. Your friends, parents, doctor, or other trusted adults can help you celebrate successes and bring you up when you're feeling down. You can also get [free, personalized support](https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert) (<https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert>), from a tobacco cessation expert by calling [1-800-QUIT-NOW](tel:1-800-784-8669) (tel:1-800-784-8669) or [1-877-44U-QUIT](tel:1-877-44U-QUIT) (tel:1-877-448-7848), or chat with an expert online using NCI's [LiveHelp](https://livehelp.cancer.gov/app/chat/chat_launch) (https://livehelp.cancer.gov/app/chat/chat_launch) service.

Quit Notes

