

# 6 STEPS TO QUIT VAPING

YOU CAN **QUIT** 2

## TRYING TO QUIT VAPING? YOU'RE NOT ALONE.

There has been a rise in people wanting to quit vape products like JUUL and other e-cigarettes.

### How do I quit?

Quitting vaping is similar, but not 100% the same, as quitting traditional tobacco products (think: cigarettes and dip).

### Follow these six steps to quit vaping:

#### 1. REMEMBER WHY YOU WANT TO QUIT.

Maybe you are worried about the news on vaping or you want to quit to break the tie to nicotine or protect your health. Keep that reason in your back pocket at all times. Literally. Make your reason the background on your phone or keep a note in your pocket – personal motivation is powerful when quitting.

#### 2. IDENTIFY TRIGGERS.

When you try to quit, certain places (like the bar) or your buddies vaping around you, may make you want to join in. Make a plan to [avoid triggers](#) as much as possible and find [replacement activities](#) for the times you used to vape.

#### 3. FIGHT CRAVINGS LIKE A PRO.

Some vape products have more nicotine than traditional cigarettes. Know exactly [how to fight nicotine cravings](#) so that when you feel one coming on, you hit the gym, grab some lemon water or call a friend to redirect your attention.

#### 4. TALK TO YOUR SUPPORT SYSTEM.

The people who care about you want to see you succeed. Share how you are feeling - the good, the bad, the ugly and everything in between. Share these tips on [how your friends or family can support you](#) during your quit.

#### 5. QUIT TOGETHER.

Quitting may not seem like the “cool thing” to do, but as the [dangers of vaping](#) become clearer, it's possible your buddy wants to quit too. Show your strength by asking them to quit with you and let them know it's easier to quit together.

#### 6. CELEBRATE YOUR ACCOMPLISHMENTS.

Every milestone is important during your quit journey – starting with conquering those first 24 hours vape free. Celebrate these moments because it will help you fight cravings and stress.

### Talk to your provider about other options such as nicotine replacement therapy.

Find more [resources on how to quit vaping](#) and sign up for the [This is Quitting text program](#) to get support from any location, 24/7.

**QUITTING MAY SEEM LIKE A HUGE CHALLENGE RIGHT NOW,  
BUT JUST TAKE IT STEP-BY-STEP. YOU CAN LIVE VAPE FREE.**

Learn more at [ycq2.org](http://ycq2.org)

Contact Us: [dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil](mailto:dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil)

