

# How to Quit Vaping



*Workbook*



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Created by the  
Eau Claire City-County Health Department  
and the Substance Misuse Action Team

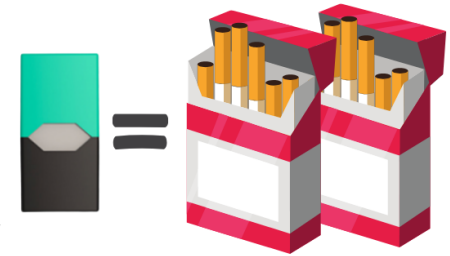


Based on resources from Live Vape Free,  
[smokefree.gov](http://smokefree.gov), and [truthinitiative.org](http://truthinitiative.org)

# Introduction

In 2021, around 50% of Eau Claire County high school students who vaped or used tobacco tried to quit. Quitting vaping can be difficult due to the high amount of nicotine in vapes which creates a physical addiction.

1 pod can contain as much nicotine as 2 packs of cigarettes. With high concentrations of nicotine, addiction can occur quickly and easily.



## **Vaping can cause:**

- Anxiety and depression
- Delayed brain development
- Heart disease
- Permanent lung damage
- Cancer
- Exposure to chemicals and heavy metals that can make you sick

This workbook will walk you through steps to make your quit journey easier. By the end of the workbook, you will have a plan to prepare yourself to quit vaping and motivation to stay vape free.

# Track Your Vaping

Understanding your vaping habits can help you create a quit plan just for you. Vaping easily becomes a habit, so it can be hard to estimate how much you actually vape. Knowing how often you vape, triggers that cause you to vape, and how it affects your life can help you think of ways to stay vape free.

## Track Your Vaping

Spend one day tracking your vaping habits. Fill out the activity below to learn more about your vaping habits. To make this activity easier to do throughout the day, you can use your phone or carry a sticky note with you.

### Make a tally for each time you wanted to vape but couldn't.

Example: You were in class and wanted to vape but couldn't.

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### Make a tally for each time you actually vaped.

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### Were there any specific times, places, or people that made you want to vape?

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### Think about how much money you spend on vaping.

How long does it take you to go through a pod/cartridge or disposable vape? \_\_\_\_\_

How much does each pod/cartridge or vape cost? \_\_\_\_\_

Calculate how much you spend on vaping per month. \_\_\_\_\_

# Know Why You Are Quitting

Write a list of all the reasons you want to quit and put it in a place you'll see it often. When you have the urge to vape, look at the list to remind yourself why you want to stop. This can help you stay focused on staying vape-free.



## Questions to consider:

- How does vaping affect your health?
- Does your vaping feel out of control?
- How does vaping affect your emotions?
- How much money do you spend on vaping?
- How does vaping affect relationships with your friends, family, classmates, or other people important to you?
- How does vaping interfere with your grades or activities?
- Does vaping help your mental health or does it make it worse?

## What are your reasons to quit?

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# Imagine Yourself Vape-Free

It can be hard to imagine your life without vaping, especially if you vape a lot throughout the day. People often use vaping as a way to cope with stress. However, vaping can worsen depression and anxiety.

Think of what changes you hope to see after quitting. Imagine yourself as someone who doesn't vape, and compare who you are now to your future self. List all of the positive things about yourself that don't involve vaping.



## Examples:

- Feeling healthier
- Having more money
- Spending more time with friends who don't vape
- Being more active
- Playing sports
- Joining a club or band
- Less time worrying about hiding your habit

**How is future you different from who you are now?**

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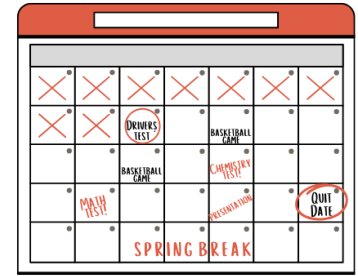
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# Commit to Quit

Commit to quitting by picking a quit date and sticking to it. Circle this date on your calendar or set an alert on your phone to remind you of the date.



- **Give yourself time to get ready.** You can feel more confident and have time to gain the skills you'll need to successfully quit. Cravings can be challenging to get through. Having a system in place for when cravings hit can help prevent slides.
- **Don't put it off for too long.** Picking a quit date too far away gives you time to change your mind or lose motivation. Choose a date a week or two away.
- **Set yourself up for success.** Avoid picking a quit date that will be stressful, like the day before a test or presentation. If you have used vaping as a coping skill before, quitting on a stressful day can set you up for failure. Avoid cravings by not being around people who vape.
- **Make a plan.** Fill out the Quit Plan on page 21 & 22.

**What events do you have coming up that could make quitting more difficult?**

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Quit Date \_\_\_\_\_

# Build Your Support Team

Being around people who are supportive of you quitting vaping can help you be successful. Your team can keep you on track and provide support when you are struggling. Support from family, friends, or trusted adults can help you feel more confident in your quit plan and keep you on track.

## Trusted adults can include:

- School counselor
- Family members
- Teacher
- Mentor



You can also talk to a doctor or school counselor to ask what programs are available to help you quit. See page 19 for free, online resources.

### **Building your team**

- Be specific with what kind of support you need.
  - Tough love, encouragement, or just someone to talk to.
- Tell your team you appreciate them.
- Check in with your friends and ask how you can help them. Support is a two-way street.

### **Who do you want on your support team?**

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Fill out and remove page 23 & 24 to give to your support team.

# Prepare for Challenges

It may feel like a piece of you is missing when you first quit vaping, which can be difficult to get used to. By knowing what to expect, you can prepare yourself for any challenges that may pop up.

- **Learn your triggers.** Certain people, feelings, or situations can cause you to want to vape. Avoiding these triggers can help you be successful in the early stages of your quit.
- **Prepare for cravings and withdrawal.** Know what to expect and have plans for handling thoughts and feelings that may tempt you to vape.
- **Avoid temptations.** Being around people who are vaping can tempt you. If situations like this are unavoidable, plan how to handle them and what to say if someone offers you a vape.

### **What triggers make you want to vape?**

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# Vaping Withdrawal

Quitting vaping can be hard. Vapes have a lot of nicotine, which makes it easy to become addicted. When quitting vaping, the body and brain have to get used to not having nicotine which can cause withdrawal.

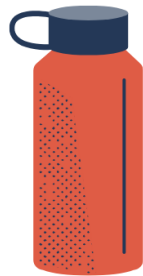
Withdrawal often has physical symptoms that can be uncomfortable but can't harm you. As time goes on, symptoms should start to fade away. Usually, withdrawal symptoms peak around the third day and then gradually fade for 3 to 4 weeks, but that can be different for each person.

## Nicotine withdrawal symptoms can include:

- Feeling irritable, jittery, or restless
- Headaches
- Sweating
- Increased depression and anxiety
- Feeling tired or groggy
- Trouble sleeping
- Trouble thinking or concentrating
- Feeling hungry
- Intense desire to vape

## Tips to handle withdrawals:

- Exercise to help you sleep and combat tiredness
- Drink plenty of water to stay hydrated, avoid headaches, and reduce cravings
- Participate in new activities to distract yourself
- Remember, this is temporary and will pass
- Talk to a doctor about other options that can help



# Vape Cravings

Vape cravings can feel like an intense need or want to vape. Vape cravings usually start 4 - 24 hours after the last time you vaped and can continue to happen sometimes in the months after you quit.

Planning on how to handle your vape cravings can help prevent a slide. Thinking of activities and coping strategies can better prepare you to not vape.

## Tips to handle vape cravings:

- **Chew gum.** Distract yourself from the repetitive action of using your vape.
- **Have a snack.** Satisfy your craving in other ways like having a snack.
- **Use a water bottle with a straw.** Using a straw can feel similar to the action of vaping and make cravings easier to manage.
- **Stop and breathe or meditate.** Focus on yourself until the craving passes.
  - Take 10 breaths, with 4 seconds to inhale and 4 seconds to exhale.



## How will you handle your withdrawal symptoms and cravings?

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# Overcoming Challenges With Peers

Some important people in your life may not understand your decision to quit, which can be frustrating or discouraging. Friends, family members, or peers who do not support your decision to quit can tempt you to give up. When this happens, remind yourself why you are quitting and why it is important to you.

## Handling people who don't understand:

- **Distance yourself.** You may need to let them know you want to make quitting a priority and take a break from them when you first quit.
- **Ask them to respect your decision.** Not everyone will know how to be supportive, so ask them not to vape around you or offer you their vape.
- **Lean on positive people.** Spend time with people who make you feel good about your decision.

Spending time with people who make you feel good about yourself and want you to succeed is a key part of quitting vaping. Rely on your support team to help you out when other people question your choice.



# Staying Vape Free

Quitting vaping is hard and takes time. Occasionally, you may still have cravings or be tempted to vape. There are a few things you can do to better prepare yourself.



## How to stay vape free:

- **Understand your triggers.** Certain people, places, things, or situations can trigger an urge to vape, even years after quitting. Knowing your triggers can prepare you to fight cravings.
- **Prepare for cravings.** Prepare by making a list of things you can do when you have the urge to vape.
- **Stay positive.** Try to take it one day at a time and celebrate your successes.
- **Get support.** Get support from the people around you or access one of the many free resources available. See page 18 & 19.

**Reflect back to page 9. Which triggers will remain in your life after you quit vaping?**

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**What will you do if you have cravings or temptations?**

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# Coping with Stress

Vaping can increase stress and anxiety. Managing stress is a key part of quitting vaping, especially if you used vaping as a way to cope. Learning healthy coping strategies may take time and practice to turn into a habit.

## Coping strategies:

- **Exercise.** Exercising can release natural chemicals that help boost your mood and reduce stress. Even a short walk around the block when you are feeling stressed is a great way to clear your head.
- **Talk.** Sharing your feelings with friends, family, or other important people can help you feel less alone. You can always find online or text support as well (see page 19).
- **Take care of your body.** A balanced diet, drinking water, and getting enough sleep can lower stress levels.
- **Avoid caffeine.** Caffeine can cause you to feel tense, jittery, and anxious which can increase stress levels.
- **Find a relaxation or meditation app.** Taking 10 minutes to focus on your body can help you recenter and focus on yourself instead of your stress.



**What coping strategies will you use?**

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# Boosting Your Mood



After you quit vaping, you may have some mood changes. This might mean feeling down, irritable, or restless. Taking care of yourself can lift your mood and help you tackle mood changes.

## How to boost your mood:

- **Stay active.** It can be hard if you are feeling down, but exercise can help boost your mood.
- **Structure your day.** Organize your day to stay busy and try to get out of the house whenever you can.
- **Do things with other people.** Connecting with people regularly can boost your mood.
- **Do what used to be fun.** Think of activities or events you enjoyed before you started vaping and plan to do one every day.



- **Get support.** You don't have to deal with negative moods alone. Your support team can help you talk through your feelings.
  - If you are in crisis, call 988 for support
  - For non-emergency support, call 534-202-5438

**How will you boost your mood?**

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**See page 19 for mental health resources**

# Slips and Slides



There's a chance you might slip or slide at some point and vape. A **slip** is 1 or 2 puffs after you quit. A **slide** means you go back to vaping regularly.

A slip it isn't an excuse to slide and begin vaping again. Slips are common, so try not to be hard on yourself. Remind yourself that it is only a temporary setback. It is important to restart quitting right away to avoid losing momentum.

Talk to your support team to help you get through your slips and slides. Ask them to help you stay vape free and brainstorm a new plan to keep you on track.



Thinking about what you learned when you were not vaping can help remind you of why you quit. Think of why you slipped and how you can avoid it next time.

## What will you do if you slip?

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# Conclusion and Next Steps

Now that you have completed the How to Quit Vaping Workbook, you should have a plan to prepare yourself to quit vaping. Remember that quitting vaping can be hard, and you may not be successful the first time. Your body and mind may need time to adjust, but soon you'll start to feel better!

## Next Steps

Fill out the worksheet on pages 21 & 22 to have a summary of your quit plan. You can use this as a quick reference to remind yourself of the details of your quit plan. You may choose to share this with your support team.

To better prepare your support team, fill out page 23 & 24 and remove it to give to your support team. This sheet lets your support team know how they can help you stay on track. You can make copies or take pictures of this sheet if you have multiple people on your support team.

## Seeking Resources

Pages 18 & 19 have quit and mental health resources. You can find free, anonymous, and confidential resources like webpages, text programs, phone lines, and apps.

# Quit Resources

You don't have to quit alone. There are free, anonymous resources available. Find what works best for you.

## Online Resources

- **Live Vape Free - Wisconsin Quitline**
  - Go to [quitline.wisc.edu/livevapefree/](http://quitline.wisc.edu/livevapefree/)
- **Smoke Free**
  - Go to [smokefree.gov](http://smokefree.gov)

## Text Programs

- **Live Vape Free - Wisconsin Quitline**
  - Text "VAPEFREE" to 873373 - English
  - Text "DEJELO YA" al 333888 - Spanish
- **SmokefreeTXT for Teens**
  - Text "QUIT" to 47848
- **This is Quitting**
  - Text "DITCHVAPE" to 88709

**Quit lines** - free, confidential phone lines offering support and counseling to help people quit smoking

- **Live Vape Free**
  - 1-800-QUIT-NOW (1-800-784-8669) - English
  - 1-855-DEJELO-YA (1-855-335-3569) - Spanish
- **877-44U-QUIT** (877-448-7848)

## Apps

- **quitSTART**
  - Tips, information, and challenges to help you quit
- **Puff Count**
  - Keep track of your puffs and nicotine intake if you aren't ready to quit cold turkey.

# Mental Health Resources

## Online Resources

- **School Pulse**
  - Resources on anxiety, depression, stress, mindfulness, substance use, and much more
  - go to [bit.ly/SchoolPulse](http://bit.ly/SchoolPulse)

## Help Lines

- **988 Suicide & Crisis Lifeline**
  - 24/7 confidential support and resources
  - 988 - English and Spanish
- **SAMHSA's National Helpline**
  - 24/7 treatment referral and information service
  - 1-800-662-HELP (4357) - English and Spanish
- **UpliftWI**
  - 24/7 confidential non-emergency support
  - Call 534-202-5438

## Text Lines

- **Wisconsin Hopeline**
  - Immediate emotional support
  - Text HOPELINE to 741741

## Apps

- **Teen Talk App**
  - Free, anonymous app for teens to get support from trained peers and connect others
- **Stop Breathe and Think**
  - Free tool to help learn how to meditate to handle stress and anxiety

View local resources at [bit.ly/cvmentalhealthguide](http://bit.ly/cvmentalhealthguide)





# My Quit Plan

My quit date:

## My reasons to quit:

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

## How I hope future me will be different:

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## My support team:

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

## Triggers I want to be prepared for:

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

## When a craving hits, I will distract myself by:

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

## My new coping strategies:

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

## My plan for if I slip:

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## If I am struggling I can reach out to an expert by:

- |  |  |
|--|--|
| <input type="checkbox"/> Chatting online with a trained quit counselor                               | <input type="checkbox"/> Asking for help from a doctor, school nurse, or other healthcare provider |
| <input type="checkbox"/> Call a quitline to talk one-on-one with a trained counselor to help me quit | <input type="checkbox"/> Find another way to connect with an expert for help                       |
| <input type="checkbox"/> Asking for help from a school staff member                                  |  |





# Support Team Information

Vapes contain large amounts of nicotine which makes them very addictive. Having a support team can be helpful on a quit journey, especially during the early days. Here are some things you can do to help.

## Listen

Listen to what the person quitting has to say and avoid interrupting or inserting your own comments. Regularly checking in with them can help you understand their struggles and what they need from you.



## Be supportive

Different people may need different types of support. Make sure you ask how they want you to support them and stick to it.

## Stay patient and positive

Withdrawal can cause irritability, anxiety, and depression. It is important to stay patient with changes in mood. Remind them that it's ok to be frustrated or anxious, but they can control how they react and treat those around them. It's important to set boundaries early, and make sure you respect theirs as well. Ask them what is really making them feel this way and how to help.

If someone slips or slides and returns to vaping, avoid punishing or shaming them. Remind them why they chose to quit and let them know you will continue to support them.

## Plan distractions

Spend time with them to help find activities they like. Go to places that don't allow smoking like stores, movie theaters, and restaurants or spend some time outside.

## Celebrate success

Whether it has been a day, a week, a month, or a year, celebrate every successful day without vaping. Recognizing success can help them stay strong when they experience challenges.



# Support Team Information

Thank you for supporting me while I quit vaping. Here is some information to help you support me and make my quit journey successful.

**Quit Date** \_\_\_\_\_

**Why I am quitting:**

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**How I want you to support me:**

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**How to help me with cravings:**

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**How to help me if I slip or slide:**

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