

# Vaping Reduction & Quitting Tips

Youth and Young Adults

April 2023

## 1. Figure out what's motivating you.

- Make a list of your reasons for making this change.

## 2. Become more aware of your smoking or vaping patterns.

- Track your smoking or vaping for a few days.
- Identify which are the easiest and hardest to eliminate.

## 3. Set a date and plan for change.

- Choose a date that sets you up for success.
- Reduce to zero by a certain day.
- Gradually reduce the nicotine concentration of your vape juice.
- Begin by cutting down on the cigarettes or vape sessions that are hardest to eliminate (e.g. first in the morning).
- Gradually increase the time between cigarettes or vape sessions.
- Smoke only half a cigarette each time.
- Limit your smoking/vaping to certain places.

## 4. Prepare for triggers and cravings.

- Name your triggers and list distractions that can help.
- Consider using nicotine replacement therapy (NRT) instead of smoking or vaping.

## 5. Choose your support team.

- Loved ones and health-care providers can support you.
- Sign up for a text or email program or get an app.
- Find someone to quit with you.

## 6. Go easy on yourself.

- Don't beat yourself up if you slip, tomorrow is a new day.
- Track your progress & celebrate your wins – reward yourself!

So, have you ever thought about not using?  
Have you tried? Was it hard?  
You want to talk to us about it? Maybe we can help.  
Call us! Here's our number: 780-624-6151.



It may be harder to quit alone.  
Support can increase your  
chances of success.

### AlbertaQuits Helpline

1-866-710-QUIT (7848) get confidential support from quit counsellors. 8am-8pm 7 days/week

### Smartphone App

- QUASH
- QuitSTART

### Text-based

- AlbertaQuits Text
- Smokefree TXT for Teens
- SmokefreeTXT
- This is Quitting
- My Life, My Quit

### Web-based

- AlbertaQuits Website
- Smokefree Teen
- NOT for Me

### Smartphone App

- QUASH
- QuitSTART

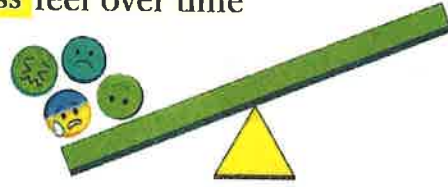


## Nicotine changes the brain.

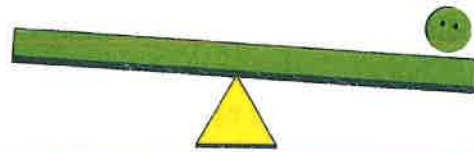
Do I depend on vaping?	
<input type="checkbox"/>	Vaping is impacting me and/or those around me.
<input type="checkbox"/>	When I don't or can't vape, I feel irritable, restless, anxious, sad, or tired
<input type="checkbox"/>	I can't go for a day without vaping.
<input type="checkbox"/>	I have thought about vaping less or quitting.

If you answered "yes" to any of these items, you may want to ask for help about vaping issues.

The way nicotine makes **stress** feel over time



Nicotine is **tough to stop**.  
Do you want your brain back?  
Better now than later!  
Try **talking to us**.



**Nicotine addiction can happen faster than you think.**

## Vaping, Smoking and Mental Health

Nicotine reaches your brain in about 6-10 seconds. At first, it can make you feel good and may help you focus or feel more relaxed. But the effects don't last long.

Regular use of nicotine leads to changes in the brain which cause withdrawal symptoms like cravings and anxious and irritable feelings which signal you to use again. This makes you more sensitive to stress and leads to psychological and physical dependence.