

**Set a quit date.**

A quit date means  
you are serious.

Write it down and  
tell your friends.



**Know your why.**

Knowing why you  
want to quit will help  
you better manage  
the urge to vape.



# Identify triggers.

Write down triggers  
and create a plan  
to do something  
different next time.





**Build a team.**  
Quits with support  
are more successful.  
Tell a friend and  
download quit apps.



**Healthy snacks.**  
Eat crunchy snacks.  
Crunchy foods will  
help you break the  
hand-mouth fixation.



**Keep going.**  
Setbacks happen.  
Identify the trigger  
and ask for support  
around it.