

Thinking of Quitting Vaping?



1. FIND YOUR WHY

Make a list of all the reasons you want to make this change.



2. SET A DATE

Choose a date that sets you up for success.



3. CREATE A SUPPORTIVE ENVIRONMENT

Identify your triggers and make a plan for how to handle situations that make you want to vape.



4. BUILD YOUR SUPPORT SYSTEM

Your family, friends, co-workers, and health-care providers can all support you through this process.



5. GO EASY ON YOURSELF

Vaping nicotine is extremely addictive. Less is good, none is better. If you can't quit right away – that's okay. You can always try again tomorrow.

Remember. You are not alone - there is help available!

Call the Smoker's Helpline to get support from a Quit Coach today

LIVE WELL PEI
together we can



**SMOKING CESSATION
PROGRAM**

DPC-1892

PrinceEdwardIsland.ca/QuitSmoking 1-877-513-5333

Tips to Quit Smoking



1. FIND YOUR WHY

Make a list of all the reasons you want to quit smoking.



2. SET A DATE

Choose a date that sets you up for success.



3. CREATE A SUPPORTIVE ENVIRONMENT

Identify your triggers and make a plan for how to handle situations that you associate with smoking.



4. BUILD YOUR SUPPORT SYSTEM

Your family, friends, co-workers, and health-care providers can all support you through this process.



5. GO EASY ON YOURSELF

Quitting smoking is one of the hardest things to do. If you don't stop the first time – that's okay. You can always try again tomorrow.

Remember. You are not alone - there is help available!

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