

# 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

# 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!**

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