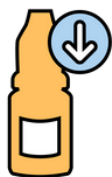


Cut Down to Quit Vaping

Cutting down on nicotine vaping gradually can make quitting easier. This gives your body time to adjust to lower nicotine levels. You can do this in a few ways.



Lower the nicotine strength

Check your e-liquid's nicotine content (mg/ml) and gradually reduce it over time, paying attention to how you feel.

If you find yourself vaping more, it may be a sign that you've reduced your nicotine level too quickly. Only cut down when you're ready.



Increase the time between vaping sessions

If you normally vape every 20 minutes, try to extend that time and only vape every 40 minutes instead. Over time, this will reduce your cravings.



Create vape-free spaces

Pick places or times where you won't vape, like at work or inside certain rooms in your home. Slowly expand these areas until you're more comfortable with not vaping.



Quit Vaping Tips

There are a few proven strategies to help people quit smoking and they may help you quit vaping too.

- **Get support.** Having support from friends or family can make a big difference. Let them know that you're trying to quit and how they can help you.
- **Team up with someone else.** If you know someone else who's trying to quit, support each other and check in regularly.
- **Stay busy.** Distractions like going for a walk, doing puzzles or keeping your hands busy can help you manage cravings.
- **Celebrate your wins.** Each day without vaping is a step closer to your goal. Treat yourself to something small or celebrate with friends.

What if I relapse?

It's okay if it takes a few tries to quit for good. If you're struggling, using a vape for a short time is fine, you can always try quitting again.

If you've been using a vape to help you stop smoking, going back to vaping is much better than starting to smoke again. Focus on how far you've come, and when you're ready, try quitting again.

Remember, quitting vaping can be tough and taking it step by step can help you reach your goal.