

# ESCAPE THE EXPERIMENT

## Not An Experiment

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### **PART 1: REASONS TO QUIT VAPING**

Write down your top 3 reasons for quitting.

(Empty)

(Empty)

(Empty)

### **YOUR QUIT DATE:**

Tips for choosing a quit date that's right for you: Don't wait too long. You might forget or change your mind. Avoid stressful days, like exam periods.

**Set a Date**

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## **NICOTINE ADDICTION**

Nicotine is in most vapes and it's very addictive. The more you vape, the more your brain and body get used to having nicotine, and the harder it is to stop.



## **NICOTINE WITHDRAWAL**

WHEN YOU QUIT VAPING, YOU MAY HAVE STRONG URGES TO VAPE, THIS IS NICOTINE WITHDRAWAL, YOU MAY EXPERIENCE:

- Feeling irritable, restless, or anxious
- Feeling sad, tired, or groggy
- Headaches
- Sweating
- Trouble concentrating
- Trouble sleeping
- Feeling hungry

## **WHAT MAKES YOU WANT TO VAPE**

Whatever makes you want to vape is called a trigger. Examples of triggers could be:

- Being at a party where people are vaping
- Watching vape tricks on TikTok.
- The smell of e-liquids
- Times when you usually vape (doing your homework or going to the school washroom)
- Boredom
- Feeling stressed or anxious
- Nicotine withdrawal

## **TIPS TO HELP YOU DEAL WITH**

### **TRIGGERS:**

- Avoid them when possible
- Drink Water
- Deep Breaths
- Distract Yourself
- Text/Talk to a Friend
- Stay Busy
- Get Active
- Read a Book
- Go For a Walk
- Chew Gum
- Climb Stairs
- Doodle

**WRITE DOWN SOME OF YOUR TRIGGERS AND YOUR PLAN TO DEAL WITH THEM.**

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(Empty)

(Empty)

(Empty)

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## **PART 2: DEALING WITH PEOPLE**

Sometimes the people you used to vape with may encourage you to keep vaping. This can be frustrating and discouraging. However, thinking about this ahead of time can help you to prepare a response and stick to your plan.

### **What will you say if your friends ask you to vape with them?**

(Empty)

## **WITHDRAWAL SYMPTOMS**

Here are some common withdrawal symptoms you may experience: Feeling irritable, restless, or anxious. Feeling sad, tired, or groggy. Headaches, Sweating, Trouble concentrating. Trouble sleeping. Feeling hungry. Strong urges to vape... You may feel really bad. This is normal and will get better with time.

## **DON'T QUIT QUITTING**

Quitting can be hard and may take a few tries before you quit for good. Every quit attempt gets you closer to quitting for good.

## **PREPARE**

Quitting vaping can be easier when you:  
Have a plan. Prepare in advance. List reasons why you want to quit.



## PART 4: SUPPORT

Who can you talk to and depend on for support? Qualities to Look For: Good Role Model. Listens.... Encouraging, Patient & Caring.

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## ASK FOR HELP

**QUITTING CAN BE HARD AND YOU DON'T HAVE TO GO THROUGH IT ALONE.**

Friends, family, co-workers and others can be there to listen, boost your mood, and distract you from using your vape.

**LET THEM KNOW HOW TO HELP**

For example, if you are feeling stressed, ask a friend to help keep you distracted.

**TELL YOUR FRIENDS!**

TELL YOUR FRIENDS YOU'RE QUITTING AND YOU MIGHT BE SURPRISED THAT OTHERS WANT TO TRY TOO.

**TIPS TO HELP YOU DEAL WITH WITHDRAWAL, CRAVINGS AND TRIGGERS:**

**TIPS TO QUIT:**

Drink Water  
Deep Breaths  
Distract Yourself  
Text/Talk to a Friend

**TIPS TO QUIT:**

Stay Busy  
Get Active  
Read a Book  
Go For a Walk

**TIPS TO QUIT:**

Chew Gum  
Climb Stairs  
Doodle

**PART 5: REWARD YOURSELF**

Quitting an addiction is a

**BIG**

deal. Reward yourself along the way even if you've quit for a day, a weekend or an entire week!

**What reward would encourage you to keep quitting vaping?**

(Empty)



**Congratulations! You've made a quit plan!**

Hit SUBMIT to receive your downloadable quit plan emailed to you. Don't worry, your email will only be used to send your quit plan! It will not be collected or used in any other way. Keep your plan close by to remind yourself of your plans whenever you need a bit of encouragement.