

BREATHE TO CALM CRAVINGS

- Deep Breathing: In 4 – Hold 2 – Out 6
- Box Breathing: 4–4–4–4
- Breathing Necklace: slow exhale through the necklace to reduce stress and mimic vape breathing.

REPLACE THE HABIT

- Gum or mints
- Water bottle with straw
- Toothpicks
- Healthy snacks

RIDE THE CRAVE WAVE

Cravings last 2–5 minutes.
Delay – Distract – Drink Water.

KEEP YOUR HANDS BUSY

- Stress ball
- Fidget toy
- Pen / doodling
- Breathing necklace doubles as a grounding tool

MOVE YOUR BODY

- 2–5 min brisk walk
- Quick stretch
- Cold water splash

COPING MECHANISMS TO QUIT VAPING

MANAGE WITHDRAWAL

- Hydrate
- Reduce caffeine
- Keep a routine
- Get fresh air daily

HANDLE TRIGGER MOMENTS

- After meals: gum, walk, brush teeth
- Driving: water, music, podcasts
- Stress: breathing exercises, grounding, short walk

CHANGE YOUR ENVIRONMENT

- Remove vapes & chargers from ALL spaces
- Clean your spaces
- Adjust routines (new morning or driving habits)

IT'S ALRIGHT TO SLIP

A Slip isn't a failure.
REFLECT
RESET
CONTINUE

STAY MOTIVATED

- Track vape-free days
- Set reminders
- Celebrate small wins
- Keep your reasons to quit visible

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