

VAPE QUIT PLAN



Name

Service Number

Date

Quitting vaping is one of the best things you can do to improve and protect your physical and mental health.

The first 7 - 10 days are usually the hardest. Once you've pushed past those, your chances of quitting increase significantly. Stick with it, reward your wins, and understand that – with time – you'll thank yourself for making this decision.

I'm making a change because... E.g. prove to myself that I can do it, improve my fitness and operational readiness, protect my hā (breath), save money, be a good role model for others, be more internally resilient in stressful situations, prepare for situations where I can't access a vape.

Research shows that it helps to write down your reasons for making a change. Rate each item above on a scale of one to ten to indicate how important these are to you, with one being not at all important and ten being extremely important.

My strategy to decrease the amount of nicotine I vape is... E.g decreasing the nicotine strength of my pod/juice, increasing intervals between vapes, tracking the frequency of my refills/pods.

Your Defence Health providers or Quitline Coach can assist you with developing an individualised strategy.

People who could support me... E.g. Health Centre doctor, MO and nurse, Quitline coach, mates, my PTI, whānau.

Things that might help... E.g changing to a flavour I don't enjoy as much, keeping a vaping diary, taking up a new hobby, using a quit vaping app, changing up my morning routine.

Nicotine Replacement Therapy (NRT) may be an option for you. Ask your local Defence Health centre about nicotine gum, lozengers and patches.

Things that might get in the way... E.g. I find it hard to say no when others are vaping, stress from high workload, when I drive past the vape store, I live with people who vape.

** Remember, cravings and withdrawal symptoms are signs that your body is adjusting to the absence of nicotine from vaping. These symptoms will lesson over time. Don't give up – you've got this!*

My goal is to... E.g. quit right now, quit before Christmas, quit from my next birthday, cut back my nicotine by half, only buy one vape per month.

The amount I spent on vaping last week was approximately...

\$

Include everything: vapes, pods, juice, etc.

For advice and strategies for giving up the vape, head down to your Defence Health Centre or check out the Defence Health website: health.nzdf.mil.nz



COMMIT TO QUIT VAPING

Kia kaha, you've got this