HOW TO QUIT VAPING

- Make goals
- Set a Quit Date
- Talk to a provider, counselor, or therapist
- Ask friends/family for support
- List your reasons for quitting and keep them visible.
- Avoid triggers & replace with other activities
- Exercise to boost mood & reduce cravings
- Try relaxation techniques (yoga, meditation, breathing)

Sources referenced:
Cleveland Clinic
CDC

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PATRIOTS THRIVING TOGETHER