



9 TIPS

9 TIPS TO REDUCE YOUR CIGARETTE AND VAPE CONSUMPTION.

It's sometimes difficult to quit smoking/vaping abruptly. Some people will experience irresistible cravings for a puff from a cigarette or a vape, as well as withdrawal symptoms. Not feeling ready to quit abruptly? Take it one day at a time and try to reduce your cigarette and vape consumption gradually over several weeks before quitting completely. Take the time you need to succeed.

Here are 9 tips to help you reduce your consumption:

1

KEEP IN MIND WHAT MOTIVATES YOU TO QUIT SMOKING/VAPING

To maximize your chances of success, keep in mind your reasons for quitting smoking/vaping. Do it for yourself, not because someone around you is asking you to or putting pressure on you. Your motivation could be to improve your health or to save money!

2

SET YOURSELF A QUIT DATE

Planning is an important part of quitting smoking and vaping. Even if you reduce your consumption, having a specific quit date in mind is a winning strategy. It is recommended that you choose a quit date within 2 to 4 weeks. This gives you enough time to prepare, organize and stay motivated to reach your final goal.

3

CREATE A REDUCTION PLAN

Reduce frequency of consumption (smoking/vaping less)

Start by noting how many times a day you smoke/vape and then try the following:

- Going out with only a few cigarettes/pods/liquid;
- Go to an event without your cigarettes/vape;
- Delay your first puff of the day as long as possible;
- Decide which puffs you can eliminate during the day;
- Don't smoke the whole cigarette the way you used to do;
- Increase the time between cigarettes/vape puffs;
- Smoke/vape only at odd hours;
- Decide not to smoke/vape at certain times of the day;
- Decide not to smoke/vape on certain days of the week;
- Try not to smoke/vape for 1 hour, 3 hours, half a day, a whole day.

You can use the table in the appendix as a guide.

Reduce liquid concentration (for vaping only)

Example: switch from a liquid with a high nicotine concentration (20mg/mL) to a lower concentration (12mg/mL), trying to keep the same frequency of consumption or reduce it.

4

IDENTIFY WHAT TRIGGERS YOUR DESIRE TO SMOKE/VAPE

To avoid giving in to the temptation to take a puff, it's important to understand your smoking/vaping triggers. They are categorized as follows: emotions (e.g., anxiety), places (e.g., work), people (e.g., friends who smoke/vape), activities (e.g., drinking alcohol).

Identifying these factors helps to initiate a change in routine and reduce exposure. Take the time to observe yourself and pay particular attention to your feelings and emotions in various everyday situations. To do this, you can use the [Nicotine Cravings Journal](#).



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REDUCE TEMPTATIONS TO SMOKE/VAPE

Once you've identified your triggers, you need to figure out how to reduce your temptations.

For example:

- Get rid of accessories (lighters, ashtrays, liquids, batteries);
- Create a smoke-free environment;
- Don't go to events that make you want to smoke/vape;
- Don't associate with people who make you want to smoke/vape;
- Change your daily routine.



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LEARN TO MANAGE YOUR CRAVINGS TO SMOKE/VAPE

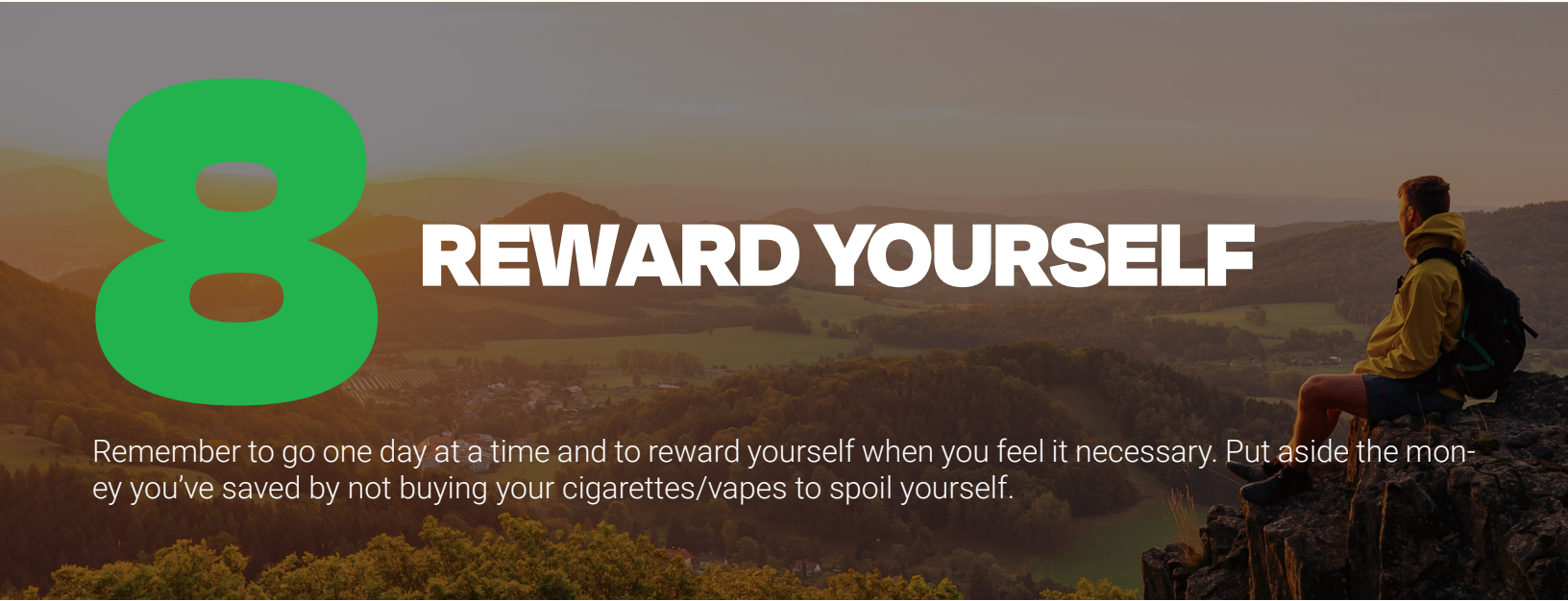
As you reduce your cigarette/vape consumption, you may experience physical withdrawal symptoms as well as irresistible urges to light up a cigarette or to vape.

Try not to compensate the cigarettes or puffs that you no longer consume during the day by pulling harder on those you still do. You will find all kinds of useful tips to help you let go of your cravings to smoke/vape in the “My tips” section of the I QUIT NOW online help.

7

CONSIDER USING A PHARMACOLOGICAL AID

Despite everything, if you still find it hard to stop your consumption, don't hesitate to talk to your health-care professional. They will be able to advise you and prescribe additional help for achieving your goal of quitting smoking/vaping.



8

REWARD YOURSELF

Remember to go one day at a time and to reward yourself when you feel it necessary. Put aside the money you've saved by not buying your cigarettes/vapes to spoil yourself.



ASK FOR SUPPORT

Let the people around you know that you're trying to cut down on cigarettes/vaping, so that they'll support you and help you along the way.



APPENDIX – REDUCTION PLAN

Day or week	Objective	Strategy	Motivation to succeed on a scale of 0 to 10	Difficulties experienced	Results	How do I feel?
Examples	Reduce my nicotine intake over 24 hours	Cut down from 15 to 12 cigarettes a day Do not vape after meals	9/10	Stressful situation at work Difficulty filling the void after a meal	I smoked 14 cigarettes I vaped after dinner, but not after lunch!	Not satisfied but not discouraged either! I'll do better tomorrow.
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