

Strategies to reduce my sense of isolation when I want to quit vaping

That's it! You're going for it! Bravo to you for wanting to change your vaping habits. I hope you have the Journal in hand to accompany you on this adventure. If not, [here's the link](#) to it.

Maybe you are now concerned about going solo on this adventure. Don't worry. Here are a few routes to reinforcing your self-confidence!

- Look for support in your circle. This can help you increase your confidence in your success and in finding allies who will encourage you in the process.
- State your needs clearly so that your friends and family give you support.

For example: "It's hard for me to say no, so I would appreciate it if you don't suggest vaping to me." "I feel secure with you; will you allow me to come see you when my desire to vape is too strong? Your humour takes my mind off things."

- Plan to manage your time during breaks and lunch period by occupying yourself with concrete projects.

For some ideas, take a look at the [Vaping and boredom... Ways to fight them](#) section.

- Take a step back from your friends who are not going through the same process as you are. During the first days, this can help you achieve your goal.
- Your desire to vape may be strong in the beginning. This is normal because you are going through a withdrawal process. Remember that you can consult the nurse at the Smoking Cessation Centre by calling 1-844-440-AIDE (2433) to get more specific support for your withdrawal symptoms.

Remain focused on your decision to change your habits and talk to your friends about your motivation to help them understand that you are not trying to push them aside. It will help you increase your self-confidence.

- Choose to go to places that are not connected with your vaping habits during the first days, such as your school cafeteria, the recreation room, library, sports centre, etc. Invite your friends to join you.
- Keep anti-stress things like a ball or fidget toy close at hand to help you calm down when the desire to vape grows too strong.
- Use these ways to relax. At any time when your stress level is very high you can do this deep breathing exercise.

Deep breathing

1. *Get into a comfortable position.*
2. *Put one hand on your chest and the other on your stomach.*
3. *Breathe in slowly and deeply (mouth closed) and inflate your stomach like a balloon.*
4. *Hold your breath (2 to 5 seconds).*
5. *Breathe out through your mouth very slowly (you can count down 5-4-3-2-1 in your head).*
6. *Repeat the exercise at least 5 times or until you feel a sense of calmness.*

For more tips, check out the [Ways to Manage Stress section](#) of the Fondation André-Boudreau website

- **Prepare yourself for the possibility of having to refuse invitations to vape**

- » Remember that saying “no” is the most positive way of refusing. You may have to repeat it several times.
- » However, it is also possible to refuse with humour to make the situation less dramatic. “No, not today. My horoscope told me to keep away from vapers.”
- » Suggest alternatives. “Come along, let’s go see if there is any room for us at the ping-pong tables.”
- » Use an excuse. “Oh, not today. I’m going to my grandmother’s soon and I don’t want to smell of vape.” 😊
- » For a while, hang around more with some of your friends who don’t vape.
- » Ask for help from someone you trust to support you on your journey.



This tool is developed by Tangage in collaboration with the Fondation André-Boudreau.

Respire.