



How to Limit Vaping in the Workplace



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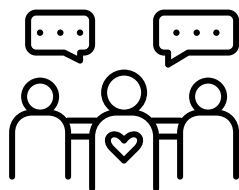


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Develop a support system

Have co-workers you can count on? Or know someone else trying to limit their vaping? Use these people for support and encouragement!



Think about the situations where it is difficult for you to resist vaping

Recognize triggers and develop a plan to resist them. For example, try eating a healthy snack or going on a walk when you feel tempted to vape



Make alternative plans for your break

Bring along a new book you want to read or make plans with your co-workers to eat together



Explore ways to help you quit vaping

Speak with your doctor about methods available to help you quit vaping



Set a goal to limit vaping

Pick a day that you would like to quit or reduce your vaping intake by. Develop a plan to help you achieve this goal.



Determine how much vaping is costing you

Think about all of the other things you would be able to spend that money on if you limited your vaping



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