



3 Hacks to Cut Vaping Off For Good

Overview

- Love a good life hack?
- Here are some of the best hacks to give vaping up for good.



By Year13 *in Partnership with the Department of Health and Aged Care*

If putting down the vape is one of your goals for this year, you're not alone. And while it isn't the easiest thing to do, it's genuinely achievable. There are plenty of [support services available](#) including 24/7 online chat services in some states and territories and mental health resources that specialise in helping young people. On top of that, there are also a whole lot of tried and tested techniques to make the quitting process a heck of a lot easier. Here are some of the best hacks to help you get vape free.

The 4 D's

1. Delay

Try to delay your urge to vape for as long as possible. After a few minutes, the urge to vape will lessen. Especially if you:

2. Deep breath

Take a deep breath and focus on your breathing. Notice the way your chest fills with air and then deflates when you breathe out again. Do this three times.

3. Drink water

Take a sip of water and hold it in your mouth for longer than usual. Keep hold of your bottle/glass and keep taking sips. Try to bring a bottle of water with you when you're out and about in case another craving hits.

4. Do something else

Take your mind off the urge to vape by distracting yourself with something you enjoy. Put on your fave song, pump out a few push-ups, reply to some messages or chat to a friend, get some fresh air – anything that will take your mind off vaping.

Change up your routine

Making changes to your usual routine and habits can help you avoid your vaping triggers. So, if you make small changes to your daily routine, you'll disrupt your vaping habit at the same time.

Vape Trigger	Routine Change
Breakfast	Eat something different, make a smoothie or have a different drink with breakfast.
On the way to school	Take a different route to school or ride your bike instead of walking.
After school	Do some exercise, make something healthy to eat.
In social settings	Chew gum, drink something different (swap soft drink for juice or water).
On your phone	Hold a stress ball, sit somewhere different to usual.
Before bed	Make a tea, read a book, write about your day

Keep your hands busy

The craving to vape can be triggered when you're bored. So, by keeping your mind and body busy, you can avoid the urge. Download some games on your phone, pack a book in your bag, take a small snack with you when you're out or buy a fidget ring or a fidget keyring to attach to your keys. Then, every time a craving kicks in, you can reach for any of these alternatives until the urge passes.

Exercising is a great way to distract your body from cravings. So, if you are finding it hard to fight the urge to vape, go for a walk, shoot some hoops, kick a footy with a friend, or dance around to some music. If you love a good life hack, and you're keen to quit vaping this year, give these techniques a go. They may help you quit vaping for good. All good things take time, so don't be disheartened if they don't work straight away. Stick with it and take notice of any changes in your cravings as you go.