



50 Things That Are Better Than Vaping



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

Overview

- Looking for *anything* to do instead of vaping?
- Here's a handy list of 50 things that are fun, useful or both.

Keen to stop vaping? Quitting anything is never easy, but if you have something to fill the urge of vaping, the process might run a whole lot smoother. So that's why we've got a bunch of more enjoyable/helpful things to do instead of vaping when that craving hits.

1. Message your crush
2. Bitta pen drumming
3. Try a new TikTok dance
4. Fix your dang posture
5. Talk to someone at Quit 13 74 48 or visit www.quit.org.au
6. Go for a walk

7. Annoy a sibling or friend
8. Get some games on your phone
9. Play the games you just got
10. Journal your thoughts in that moment
11. Watch something funny
12. Whip out a book and read a couple pages (you'll be hot and mysterious to strangers)
13. Take 5 deep breaths and enjoy the deep air
14. Put on a song you're obsessed with
15. Sing along with that song you're obsessed with
16. Drink some water
17. Make a tea
18. Chew some gum
19. Watch a Super Bowl ad
20. Watch a hydraulic press video
21. Make your bed
22. Reply to one of your 162 unread texts
23. Delete some of your 15,892 unopened emails
24. Delete photos you don't want from your camera roll
25. Take a photo of the things around you
26. Spam your friends with memes
27. Read a random wikipedia article
28. Play the wikipedia game
29. Day dream about the future
30. Brush your teeth
31. Floss your teeth
32. Drop and give me 20
33. Go for a scroll
34. Take a moment to look around and take in your surroundings
35. Put some sunscreen on your face
36. Water your indoor plants
37. Water your outdoor plants
38. Do one of our academies (and make some quick cash)

39. Do a quick meditation
40. Do a couple of stretches
41. Juggle a soccer ball
42. Learn a new word
43. Learn a new note/chord on an instrument
44. Tell someone you love them
45. Download a language app
46. Do a lesson on a language app
47. Do that thing you've been putting off for yonks
48. Watch a short tutorial about something you're interested in
49. Post something on insta
50. Work out what you're going to wear tomorrow

So, each time you're feeling like a vape, pick and choose any of these 50 things, there's something for everyone - I mean we haven't short-changed you. You can get support if you're thinking about quitting vaping (see number 5!) or if you're finding vaping is impacting your mental health check out [Reachout](#) or [headspace](#).

Or if you're a complete-the-list type of person, go through each thing one by one till you've ticked them all off. Enjoy xx