



A Step By Step Guide To Getting Vape Free



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

Overview

- Ready to put down the vape?
- Here's a step by step guide to giving it up for good.

Ready to be vape-free? Believe it or not, that situationship living rent-free in your head has a lot in common with vaping. You know it isn't good for you, yet you still can't get enough. Stopping vaping is also very similar to cutting off that toxic situationship. Well, at least the process is similar, but getting off the vapes may take a fair bit more willpower. But if you take it step by step, breaking up with a toxic companion isn't as daunting.

1. Self-Reflection

The first step of breaking up with your vape is to think about why you vape. Everyone has their triggers. Whether it's stress, boredom, anxiety, or all of the above, work out when you crave a vape.

It's also good to think about why you want to cut down or quit vaping. Ask yourself:

Is vaping affecting the way I think and feel?

Am I vaping because it is really hard to quit?

Are there activities that I used to enjoy that I don't enjoy anymore because of vaping?

Am I spending a lot of money to keep vaping?

What am I looking forward to the most after quitting?

2. Get Support

Breakups are sooo much easier to get through when you have the support of your friends - and breaking up with your vape is no different. Let your friends know you're keen to quit, and if you know someone else who's ready to quit vaping, team up and help each other reach that goal. You can celebrate milestones together and hold each other accountable when the cravings kick in.

Along with help from friends, getting professional support could be one of the best decisions you make. Counselling from Quit, and support from your GP or others can make a big difference. You can find a list of support organisations and ways to get in contact [here](#).

3. Distract Yourself

Most of us watch movies or hit the gym to avoid thinking about our toxic situation and usually, it works pretty well (even if it's not perfect). So how do you distract yourself from vaping? Well, once you know what your triggers are, avoid the craving to vape by replacing it with something else, like doing a hobby you love, listening to your fave music, getting creative and doing art, making something tasty to eat or learning a new skill, like juggling! Whatever it is, try to keep your hands or mind distracted so you don't have the urge to reach for your vape.

4. Reward Yourself

We all love having a reason to celebrate, so set milestones for yourself and reward yourself each time you reach one. Try setting a date to stop vaping whether it's the first of the month or another memorable date to make it feel more official and easier to stick with.

5. Forgive Yourself

Nobody plans on sending their situationship a "hey you up?" text at 2am after not hearing from them for months, but it happens. Same goes for vaping. You might relapse, and that's okay. But instead of beating yourself up about it, be forgiving and remind yourself that it's all part of the process. You're not right back at square one, you've just crossed a small bump on the road.

6. Prepare for the effects of quitting

There may be some symptoms caused by withdrawal to nicotine. The first week might be the hardest, so if you can get through one week, the hardest part is already done.

You probably won't experience all these symptoms, but they can include:

- Irritability
- Depression
- Appetite changes
- Constipation and gas
- Insomnia
- Difficulty concentrating
- Coughing
- Dry mouth and throat
- Dizziness

While they're not fun and you won't feel great, these symptoms won't last forever. If you're finding it tough or worried about any of the symptoms you're going through, talk to your doctor or call the Quitline. Help is out there.

Once you make it through the first couple of weeks vape-free, your chances of giving up for good are much higher. And after a month, you should be feeling a lot better. Going vape-free can be a daunting thought, but if you take it step by step and day by day, it'll start to seem more and more possible, until suddenly, you've gone and done it!

If you're thinking about quitting vaping, Quitline offer a free 24/7 online chat at www.icanquit.com.au or you can give them a call on **13 74 48**. Or if you're finding vaping is impacting your mental health check out [Reachout](#) or [headspace](#).