



20 THINGS YOU CAN DO INSTEAD OF VAPING

Thinking about quitting vaping? It's a major step towards improving your physical and mental health.

If you're trying to quit, you might be having cravings and find it difficult to give up. This is normal. Lots of young people have found it takes a few tries before they are completely vape-free. It's important to keep trying and there is support out there to help you quit.

Every time you decide not to pick up your vape is an important step closer to your goal!

Here are some things you can try instead of vaping when a craving hits.

- 1.** Listen to your favourite song. Look up the lyrics and the meaning behind it.
- 2.** Do 20 jumping jacks.
- 3.** Watch a video essay about something that interests you. There are hundreds of YouTube channels dedicated to sports, music, film, current affairs and more.
- 4.** Delete the random screenshots in your camera roll or some of your 15,892 unopened emails.
- 5.** Download the My QuitBuddy app to help support you quit vaping – it includes great features to help you plan and to quit successfully.
- 6.** Do you have a favourite home-cooked dish? Ask a family member to teach you how to make it.
- 7.** Go for a walk in your neighbourhood. Write down three things you see that you hadn't noticed before.
- 8.** Put on your favourite music and dance like nobody is watching.
- 9.** Ask a parent or grandparent about their favourite childhood memory.
- 10.** Play a quick game on your phone for a few minutes.
- 11.** Call a friend for a quick chat or send them a funny meme.
- 12.** Do a quick meditation.
- 13.** Make a cup of tea and drink it outdoors.
- 14.** Plan a movie night with friends.
- 15.** Look through your closet and donate the clothes you don't wear anymore.
- 16.** Learn a new language or practise one that you already know through an app or online lesson.
- 17.** Do five push ups and see if you can increase the number each time a craving hits.
- 18.** Ask a family member or friend to teach you about one of their hobbies. Try it with them – it's good to get out of your comfort zone!
- 19.** List down all the countries you want to visit. Do some research about each one.
- 20.** Do that one thing you've been putting off for ages.

For support to quit



Download the free My QuitBuddy app – you'll get personalised information and advice to support you on your quit journey. Age restrictions may apply – check your app store for details.



You can call Quitline (13 7848). This is a confidential phone service that lets you talk to a professional counsellor about ways to quit. You can also visit quit.org.au to chat to a counsellor online (only in some states/territories).



Contact a GP or trusted health professional to give you helpful advice on how to quit.



Remember to be proud of yourself for taking the first step and share your quitting journey with family and friends who support your decision.

Find out more at health.gov.au/vaping