



Australian Government

LET'S JOIN THE THOUSANDS
QUITTING VAPES

20 things you can do instead of *vaping*



Ready to quit vaping? Back yourself and put your health first.

If you're trying to quit, you may experience cravings and find it hard to stop – this is normal. Many young people find it takes a few attempts before they become completely vape-free. What matters is to keep trying, and remember that support is available to help you quit.

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

It can also be easier to quit with a friend, so buddy up and support each other on your quit journeys – it can help you stay motivated and on track.

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** Pick something cool to save for (new shoes, a weekend trip, a hobby or a concert) and let that motivate you every time the urge hits.

- 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 practice 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 **My QuitBuddy** app – your free, pocket-sized support crew to help you quit vaping for good.



My QuitBuddy

Whether you're just getting started or staying on track, it's like having your best friend in your pocket, offering tips, motivation, and support whenever you need it. Age restrictions may apply – check your app store for details.

You can also download the **PAVE** app which has been developed to help young people to quit vaping.

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 doctor or a 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.

It can be easier to quit with a friend.

Find support



health.gov.au/vaping