



Pamela Johnson

### **Tips & benefits for quitting vaping**

There are a range of strategies to support those wanting to cease vaping or smoking.

One useful strategy is, delay, distract, deep breathing:

#### **Delay**

Try to delay vaping for a few minutes and the craving may pass

#### **Distract**

When craving a vape try doing something else such as going for a walk, have a lolly the same flavour as your vape, contacting a friend, listen to music, drink water

#### **Deep breathing**

Try a mindfulness, breathing or other relaxation technique when craving a vape

Reference: [www.dovetail.org.au](http://www.dovetail.org.au)

### **Supports to help quit**

**Quitline** with My Quit Buddy App and Quit plans and tips: [Quit Smoking & Vaping: Get Expert Cessation Tips & Help | Quit](http://www.quitline.org.au), or, call 13 78 48 Monday to Friday 8am to 8pm to talk with a trained counsellor

#### **Your local GP**

**Royal Children's Hospital:** [Kids Health Information : E-cigarettes and teens \(rch.org.au\)](http://kids.healthinformation.org.au), includes a short presentation on what vaping is and how to speak with young people on this topic

**Better Health Network:** [World No Tobacco Day - Better Health Network](http://www.betterhealth.vic.gov.au), smoking cessation counsellor

### **Further information**

**Lung Foundation:** [Vaping information - Lung Foundation Australia](http://www.lungfoundation.org.au)

**Better Health Channel:** [E-cigarettes and vaping | Better Health Channel](http://www.betterhealth.vic.gov.au)

**Positive Choices:** [positivechoices.org.au](http://positivechoices.org.au)