

Strategies to help reduce or stop vaping

Swap the dopamine hit

Nicotine gives a quick “feel good” dopamine boost. You can replace it with healthier options.

Try: nuts, sugar free gum, a fidget toy, a favourite drink, something crunchy, step outside, drink from a straw, carry something in your hand like lip balm.

Use when: you feel the urge to vape and need something else to reach for.

The stray cat metaphor

A craving is like a stray cat, if you feed it, it keeps coming back. If you ignore it, it goes away.

- Picture the craving as a cat walking up.
- Notice it, but don't feed it by vaping.

Rewards

Set small goals and reward yourself for meeting them.

Examples:

- No vaping for a day? Treat yourself
- A week vape free? Parent/caregiver gives a reward
- Track progress — Myquitbuddy, notes app

Putting it all together

- Know your triggers (bored, stressed, friends vaping)
- Match a strategy to each trigger.
- Carry a small *craving toolkit* (gum, fidget, headphones, identity statement).
- Celebrate wins, even tiny ones.

Identity statements

Seeing yourself as someone who doesn't vape makes it easier to say no.

Practice saying:

- *I'm not a vaper.*
- *I don't vape.*

Role play:

- A friend offers you a vape → *Nah, I don't vape.*
- You're at school and someone asks → *I'm good, I don't vape.*

Distraction

Cravings rise and fall. Distracting yourself helps you ride it out.

- Video games
- Music
- Walking/fresh air
- Comfort show
- Drawing
- Fidget toys
- Calling a friend
- Picture a beach, a paddock, floating in a pool

Build your craving toolkit

Pack a few things you can grab fast:

- Gum
- Fidget
- Lip balm
- Headphones
- A positive statement (“*I'm not a vaper*”)
- A distraction list