Appendix 6: Behavioural Strategies for Vapers (compiled by R. Bittoun)

Managing acute urges:

- **NRT[1]:** Offer and encourage in any, and all, forms and in combinations that are available. Enquire about prior use, debunk myths about overdose, advise proper use. Use oral nicotine prior to smoking/vaping.
- **Exercise[2]:** Short, intense 1-minute indoor exercise (if possible), such as up and down a staircase, push ups, wall presses, on the spot run etc. (This mimics a nicotine hit).
- **Glucose tablets/jelly beans[3]:** (due to acute hypoglycaemia-especially after a meal).
- **Diversional activities[4]:** Example - progressive muscle relaxation.
- **Caffeine reduction[5]:** Reduce to half all types of caffeinated drinks (caffeine toxicity, due to reduced PAHs mimics nicotine withdrawals) but do not eliminate (caffeine withdrawals mimics nicotine withdrawals).
- **Alcohol reduction[6]:** Reduce or eliminate alcohol altogether for the time being (it stimulates an urge to vape)
- **Quitline:** 13 78 48
- **Smartphone apps**

Strategies for the longer term:

Smoke free/vape free home[7]:

- Make your home vape free (even if you are a vaper).
- Put up NO SMOKING/VAPING HERE signs in your house.
- If you live with a smoker/vaper? Avoid the smoke/vape as much as possible (contains nicotine)

Reasons[8]:

- Remind yourself of the reasons why you want to stop.

Visualisation:

- Learn temptation skills- called "temptation therapy".
- Practice scenarios where you may have smoked and picture yourself saying "No".

Other ideas[9, 10]:

- Do you buddy up with someone? [9] *Maybe…. It can go either way.*
- Can your friend or partner who doesn't smoke/vape help? *If they nag it's not a good idea (counterproductive), if they are supportive but not "on your case" all the time, called "invisible support" —that's good!*
- Fast acting NRTs can be "rescue medication"[10]. *Get a script sent to you or your pharmacist.*

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