

# Gambling

**OR 'BETTING' IS RISKING SOMETHING OF VALUE IN THE HOPES OF GETTING SOMETHING OF MORE VALUE. GAMBLING REFERS TO UNHEALTHY BEHAVIOUR WITH, USUALLY, BETTING MONEY IN THE HOPES OF RECEIVING MORE WHICH CAN RESULT IN SERIOUS CONSEQUENCES. BELOW ARE SOME HELPFUL TIPS THAT MAY REDUCE TEMPTATION TO GAMBLE.**

## 1. LEARN TO RELIEVE UNPLEASANT FEELINGS IN HEALTHIER WAYS



Gambling may be a way to soothe stress, unpleasant emotions, unwind or even socialize. There are healthier and more effective ways to manage your moods and relieve boredom. Exercising, spending time with friends who don't gamble and taking up new hobbies.

## 2. HAVE A SUPPORTIVE NETWORK

Gambling addiction is a tough battle. Reaching out to family and friends and expressing your thoughts, feelings and struggles can help you cope. Surround yourself with people who do not gamble and share your challenges with them.



## 3. JOIN A PEER SUPPORT GROUP



A key component of these programs is finding former gamblers who have experienced what you are going through and can give helpful guidance and support and provide steps and tips that have helped them remain free from gambling.

## 4. AVOID TEMPTATION

Avoiding people, places and activities linked to gambling can help avoid setback. By avoiding these triggers, you can help manage the thoughts and feelings that encourage gambling. Work with your loved ones on your list of triggers and find ways to avoid the temptation. If driving past a casino or TAB after work is tempting take an alternative route.



## 5. FINANCE



Delegating your finances to a trusted family member, friend or advisor can prevent you from feeling the urge to withdraw your money and use it for gambling. Set a financial goal, such as a holiday, which you can focus on with the money you are saving.

ILLUMINATE MINDS IS YOUR EAP PROVIDER AND WE ARE HERE TO HELP YOU IF YOU ARE FEELING OVERWHELMED WITH GAMBLING OR IF OTHER ADDICTIONS ARE CAUSING YOU PROBLEMS.

IF YOU WOULD LIKE TO BOOK A SESSION PLEASE CALL US ON **(08) 6118 2684**.

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