



February 2019

Fall In Love With Acceptance

Recovery Without Barriers

February is Black History Month, a time for celebrating and honoring those who have contributed to a more accepting and loving world. Most are very familiar with activists Rosa Parks and Dr. Martin Luther King Jr., but fewer people are aware of lesser-known individuals, such as Dr. Paul B. Cornely.

Dr. Cornely (1906-2002), was a strong supporter of the civil rights movement, advocating for the desegregation of medical facilities and decreasing disparities in medical care among the underserved. In the summer of 1963, he acted as the local medical coordinator during the August 28 March on Washington where Dr. Martin Luther King Jr. delivered his famous "I Have A Dream" speech.¹

While there have been many strides forward, barriers such as lack of insurance, inability to pay, and cultural stigma often prevent individuals within the Black community from seeking and/or receiving the quality healthcare they need – particularly when it comes to mental health and addiction recovery.

Gambling addiction does not discriminate against age, race, gender, or socio-economic status and neither should access to recovery treatment. The Florida Council on Compulsive Gambling (FCCG) proudly offers free counseling to **ALL** Floridians experiencing difficulties due to gambling. To learn more about the FCCG's Recovery Path Program, additional resources or for more information, contact Florida's 24-7, confidential, multilingual problem gambling HelpLine, **888-ADMIT-IT** today.



The Importance of Self-Love

Anyone who has experienced a serious break-up will tell you that the aftermath can be a very difficult time, especially when you finally **call it off with a gambling addiction**. It's not uncommon to struggle with self-love and forgiveness throughout the recovery process – more so when confronted with how your gambling has impacted others or if you have relapsed. While mending relationships may be a priority, it is essential to first focus on healing your relationship with yourself.

Find self-compassion. It is impossible to find love without compassion. Compassion is defined as "sympathetic pity and concern for the sufferings or misfortunes of others."² Self-compassion is a similar concept, encouraging self-transformation through acceptance and understanding. It reminds us that mistakes come with being human and should not define us. Self-compassion has been linked to a decrease in anxiety, depression, shame, and fear of failure.³

Strengthen self-esteem. Research suggests a strong correlation between low self-esteem and the prevalence of addiction.⁴ One way to

strengthen self-esteem is to engage in exercise or physical activity. Many who increase their physical strength discover inner-strength along the way. Another way to increase self-esteem is to utilize the power of words. Consider a time when you have been recognized for making a positive impact in someone's life or reflect and write down positive thoughts about yourself.

Commit to self-care. Self-care takes many forms and varies from person to person. However, by committing to the basics, such as a wholesome diet and getting a full night's sleep, your body is sure to see an improvement. Additionally, self-care includes investing in your future and surrounding yourself with individuals who not only accept you for who you are, but also encourage you to be the best version of yourself possible.

One way to surround yourself with positive influences is to attend a self-help group, such as Gamblers Anonymous. The FCCG also offers a program called Peer Connect, which allows gamblers and their loved ones to speak directly with someone who has first-hand experience with problem gambling. To receive more information, free treatment, or to identify additional resources for you or someone you know, call **888-ADMIT-IT** today.

GET CONNECTED

Florida's Problem Gambling HelpLine

888-ADMIT-IT

321-978-0555

gamblinghelp.org



References:

1. Brown, Theodore M and Elizabeth Fee. "Paul B. Cornely (1906-2002): Civil rights leader and public health pioneer" *American journal of public health* vol. 101 Suppl 1,Suppl 1 (2011): S164.
2. "Compassion." Oxford Living, 2019, www.en.oxforddictionaries.com/definition/compassion.
3. Abrams, Allison. "How to Cultivate More Self-Compassion." *Psychology Today*, Sussex Publishers, 3 Mar. 2017, www.psychologytoday.com/us/blog/nurturing-self-compassion/201703/how-cultivate-more-self-compassion.
4. Murray, Krystina. "Self-Love: Searching for Strength in Yourself." *RehabSpot*, 20 Nov. 2018, www.rehabspot.com/treatment/spiritual/self-love/.