

SHINE THE PROBLEM LIGHT ON CHANGING THE GAME



Many of us are looking for ways to manage worries, stress, fears, and anxiety, which can lead to increased participation in gambling. The following stress reduction methods may provide help in coping with gambling-related triggers and reducing stress to change the game and keep gambling recreational:



REFRAME:

Change the way you look at the source of your stress and focus on a positive aspect, rather than using gambling to cope.



DEVELOP SOCIAL SUPPORT NETWORKS:

Connecting with others helps reduce internal stress and worry. Gambling cannot replace family and friends!



FIND HUMOR:

Finding something comical about what's causing the stress can help relieve tension.



TRY MINDFULNESS MEDITATION:

Come to terms with your feelings. Instead of gambling, try a free meditation app! *



EMBRACE SPIRITUALITY:

Seeking your ultimate purpose in life can grant you renewed strength when you need it most.



LISTENING TO CALMING MUSIC:

Research has shown that listening to music can help reduce stress.



EXPRESS GRATITUDE:

Taking the time to express gratitude each day can improve your mood.



PRACTICE SELF-CARE:

Eat well, exercise, rest, and take time to care for your mind and body.



SHARPEN TIME MANAGEMENT SKILLS:

Participate in other activities besides gambling, and delegate, prioritize, schedule, and avoid overcommitting with other obligations and necessary tasks.

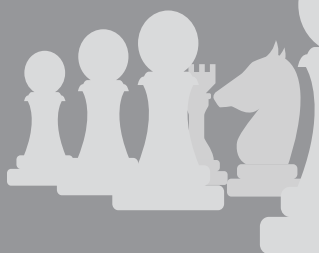
24/7 Problem Gambling HelpLine

888-ADMIT-IT

TEXT: 321-978-0555 | LIVECHAT: [GAMBLINGHELP.ORG](https://www.gamblinghelp.org) |  

*Contact the 888-ADMIT-IT HelpLine for this and other support services.

PROBLEM GAMBLING WARNING SIGNS:



- Preoccupied with thoughts of gambling
- Gambling with more and more money in order to feel the same excitement
- Restless or irritable when attempting to cut down or stop gambling
- Gambling to escape negative feelings or problems
- Continuing to gamble in order to get even or chase losses
- Lying to family members, friends, or others to conceal the extent of involvement with gambling
- Jeopardizing significant relationships and opportunities because of gambling
- Relying on others for financial bailouts as a result of gambling
- Failed attempts to control, cut back, or stop gambling

Tough times can exacerbate already serious financial, social, psychological, medical, legal, and other impacts caused by problem gambling. If you have seen any of the following signs of problem gambling in yourself or a loved one, help and hope are available 24/7 through the 888-ADMIT-IT HelpLine.

HELP & HOPE FOR PROBLEM GAMBLING
ARE AVAILABLE FOR ANYONE IN NEED

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