

Coping With Gambling Urges

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

Helpline: 1-888-789-7777



Plan ahead to avoid boredom.

Those used to the highs and lows of active addiction typically struggle with periods of boredom. Try to plan your days so that you aren't tempted to fill empty space by gambling.



Do something completely different.

The brain is used to working in a certain way when gambling, but it still needs to be constantly stimulated once you stop. Try to set new goals and tasks for yourself each day to better cope with gambling urges.



Rekindle an old hobby.

Rekindling old hobbies will not only boost your self-esteem but will also provide a regular reminder of your new way of life. Like most behavioral addictions, it is important to find a more healthy activity to replace negative addiction.



Be vigilant leading up to special events.

Recognize the need to strengthen your resolve as special events and approach on the calendar.



Find ways that help you cope better with stress.

Stress can be a major factor in relapse from gambling recovery. Temptation to gamble can grow stronger as stress increases.

www.ccpbg.org