

# GAMBLING AWARENESS



## HOW TO AVOID GAMBLING TRIGGERS DURING THE HOLIDAY SEASON

The holidays can be a difficult season to navigate if you are currently recovering from a gambling disorder, especially due to our current state of isolation. Here are some common relapse triggers and tips on how you can avoid them.

**Stress** - This is the most common reason for relapse, since many people who previously coped with stress by spending their time gambling, now do not know where to turn. You may feel tempted to gamble as an attempt to earn some extra money if you are feeling stressed financially; however, this can lead to a slippery slope of more and more gambling. To avoid relapsing due to stress, first identify why you are feeling stressed, and then explore new ways to de-stress. This could be done through cooking, painting, exercising, mediating or another activity that you enjoy doing.

**Budgeting** - If you are new in gambling recovery, you may have already put someone else in charge of your finances. If you are concerned about urges to gamble during the holidays, make sure you do not have access to a surplus of funds or any significant amounts of cash that could raise temptation.

**Family Gathering Decisions** - Request that family and friends refrain from gambling when playing games together. Card games can be enjoyable without the transfer of money or other material goods. While you may wish to refrain from playing or you want to be a part of the activity, just be mindful of how you are feeling while playing and if you feel you are becoming anxious or triggered, don't be afraid to express your feelings and go onto another activity.

Issue #28 December 2021

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## UCFS Healthcare

BETTOR CHOICE GAMBLING TREATMENT PROGRAM

860-823-3094





**Avoid Dangerous Gifts** - Similarly, request that no holiday gifts come in the forms of cash or scratch-off tickets. Both could trigger the urge to gamble “just this once”, and that action can spiral into the return of a more serious addiction.

**Know Yourself** – Remember what caused you to gamble before, and make sure your behaviors and habits do not change during the holiday season and trigger gambling impulses. This may mean monitoring your alcohol intake, turning down vacation day trips to casinos with friends, and making sure no extra vacation time causes you any feelings of boredom or loneliness.

**AND.....** Remember not to be afraid to ask for help. Help is there for you.

We at the **Bettor Choice** offer counseling for adults (18+) with gambling problems and those affected by someone’s gambling (i.e. spouse, family members, significant others and loved ones).

We offer individuals, couples, family and group counseling. If necessary, medication management can be used as an option.

*All of us here at the **Bettor Choice** Wish You and Your Families a Safe and Happy Holiday Season*



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## **A NEW YEAR BRINGS HOPE AND CHANGE**

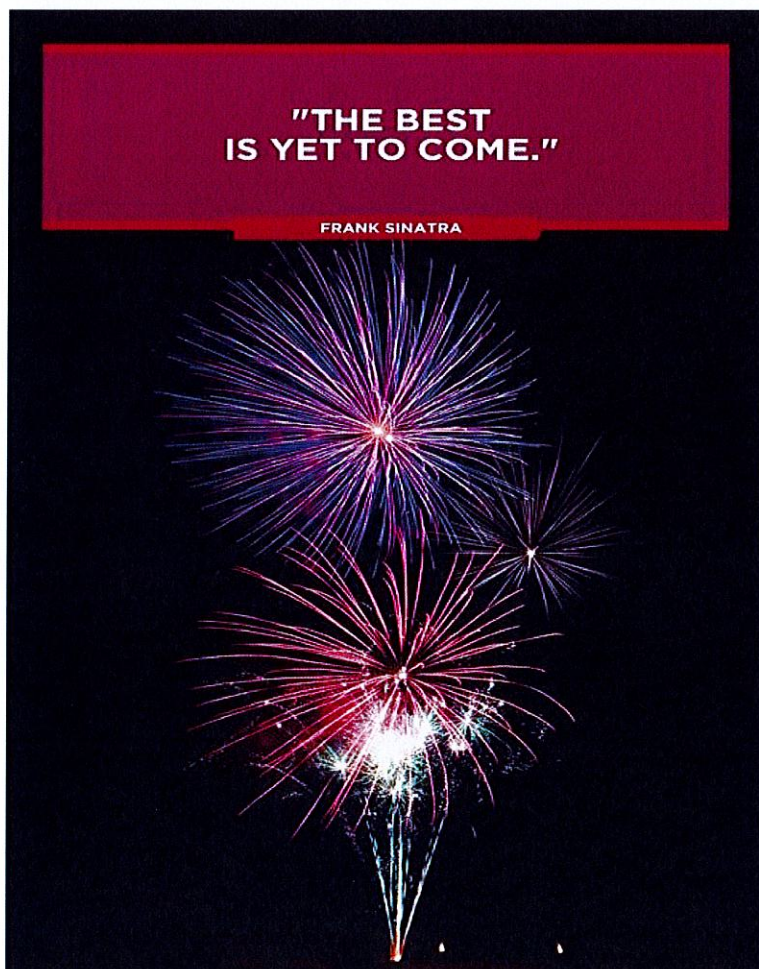
**As 2022 approaches, we are reminded that with the New Year brings hope and change. We stop and think about the past; the family members we might have lost, new lives that were born, co-workers/friends that have moved on in their lives or the never ending Covid stories that gripped each of our lives. With each memory, feelings are brought up; sadness, happiness, lonely, afraid and even maybe hopelessness.**

**But as we approach this new year, let these words of wisdom, grace, positivity, and motivation inspire you to have your best year yet.**

- **"Celebrate endings—for they precede new beginnings." (Jonathan Huie)**
- **"You'll never get bored when you try something new. There's really no limit to what you can do. " (Dr. Seuss)**
- **"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect." (Alan Cohen)**
- **"You are never too old to set another goal or to dream a new dream. " (C.S. Lewis)**
- **"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year's Day. " (Edith Lovejoy Pierce)**
- **"Never underestimate the power you have to take your life in a new direction. " (Germany Kent)**

**AND ALWAYS REMEMBER .....**





### KEEP GAMBLING SAFE & AFFORDABLE



Set a limit on how much time & money & stick to it.

View gambling as entertainment, not as a way to make money.

Balance gambling with other leisure activities.

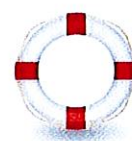
If you gamble and spend more time & money than planned, take a break.

**CONCERNED ?**

**HELPLINE Confidential 24/7  
1-888-789-7777**

### KEEP THE PROBLEM OUT OF GAMBLING

- Gamble with limits on time, frequency, & duration.
- Gamble in a social setting with others, not alone, & with money you can afford to lose.



Problem Gambling **Helpline: 1-888-789-7777**  
[www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)

### Low Risk Gambling is

A form of recreation, not to make money nor to make up for previous losses.  
Setting limits on time, frequency, and duration.  
In a social setting with others, not alone.  
With money you can afford to lose.



### High Risk Gambling is when

Coping with grief, loneliness, anger or depression.  
Under financial pressure and stress.

Recovering from mental health or substance use disorders.  
Using alcohol or other drugs, or is under legal age to gamble.

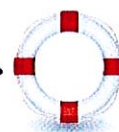
Problem Gambling Services, CT State Dept. of Mental Health & Addiction Services  
[www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)

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