

GAMBLING will take whatever you give it



Self Assessment



A healthy lifestyle is the foundation of a successful recovery.

Are you...

- getting adequate rest?**
Rest is essential to your physical and emotional health. When you are rested, you can think rationally and positively.
- eating properly?**
Skipping meals and/or consuming large amounts of sugar, caffeine, and alcohol can lead you to have mood swings and behave impulsively.
- monitoring your emotional health?**
Lasting depression, feelings of despair and self-destructive thoughts need to be addressed through appropriate support.
- living a balanced life?**
Leisure activities, fun, exercise, meditation, prayer, daily journaling, support groups, learning opportunities, and new challenges are ways you can improve your life.

- being honest with yourself and others?**
Honesty contributes to self-respect and earns respect from others; this, in turn, helps you deal with problems as they arise.
- taking responsibility for your choices and feelings?**
Irritability, arguing, and blaming others can sometimes be triggered by your desire to gamble or to use drugs.
- thinking rationally?**
Rational thinking can help you work through feelings of frustration, anger, and self-pity. Only then can you find healthy solutions.
- patient?**
Patience allows you to think before you act, to appreciate the process of your growth, and to respect others' needs. Easy does it!

- tolerant?**
Others may not be ready to change as quickly as you would like or in ways you would like. They may have different needs.
- grateful for the large and small gifts in your life?**
This can sometimes help when things seem overwhelming.
- aware of your vulnerabilities?**
We all have areas where we need support or emergency plans.
- maintaining a social network?**
Being part of a community gives you a sense of belonging, an identity, and a purpose.

Contact us to make an appointment

Addiction Services

Bathurst 547-2086	Miramichi 623-3375
Campbellton 789-7055	Moncton 856-2333
Edmundston 735-2092	Saint John 674-4300
Fredericton 452-5558	Tracadie-Sheila 394-3615

Gambling will take whatever you give it.
Don't let a gambling problem take it all.

For confidential information, call
1-800-461-1234

www.gnb.ca/health