

Give Yourself the Gift of Holiday Wellness

This holiday, take the stress out of the season.

Here are a few holiday coping skills to keep your holiday festive:

- **TAKE A BREAK**— when you wake, and during the day, stop and take a few deep breaths, be in the moment.
- **STAY IN MOTION** – exercise, whether indoors or out, provides the energy boosts you need.
- **GET PLENTY OF REST** – dreams of sugar plums are **optional**.
- **LIMIT CONSUMPTION OF HOLIDAY FOOD AND ALCOHOL** – overindulgence can cause sluggishness and depression.

If you gamble as part of your holiday festivities (visit a casino or buy lottery tickets as gifts), **PLAY IT SAFE:**

- View gambling as entertainment and not as a way to make money.
- Set a money and time limit and stick with it
- Don't try to win back losses by more gambling
- Balance gambling with other recreational activities
- Don't mix drinking and/or taking drugs and gambling

**Have a Conversation with
*someone who has been there...***

If gambling is causing problems in your life, talk to a **Peer Recovery Support Specialist** who can help you limit, control or stop or gambling, and provide additional support through the recovery process.



The Maryland Center of Excellence
on Problem Gambling

Maryland Helpline
1-800-GAMBLER
(1-800-426-2537)
helpmygamblingproblem.org