

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 visit a casino or buy lottery tickets as gifts, **PLAY IT SAFE**

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



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

Maryland Helpline

1-800-GAMBLER

(1-800-426-2537)

helpmygamblingproblem.org