

Don't hide big problems with small talk

If you need help call the
Gambling Helpline:
1-800-461-1234.

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

Campbellton
789-7055

Edmundston
735-2092

Fredericton
453-2132

Miramichi
778-6111

Moncton
856-2333

Saint John
674-4300

Tracadie-Sheila
394-3615

For help, call

1-800-461-1234
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