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CHECKLIST

Breaking the anxiety and gambling cycle

- [ ] Notice the physical signs when anxiety arrives – tightness, restlessness, changes in sleep or appetite
- [ ] Set up GamStop or blocking software to remove immediate access during high-risk moments
- [ ] Choose one physical task to replace gambling when the urge shows up
- [ ] Reach out to someone you trust before the moment becomes a crisis
- [ ] Write down what triggered the anxiety and what you did instead of gambling
- [ ] Address debt or damaged trust separately with free support services
- [ ] Call the National Gambling Helpline when the pattern feels too heavy to manage alone