

48% of Victorian adults don't know that gambling can lead to negative emotional consequences

If you think gambling may be affecting your emotional wellbeing, visit effectsofgambling.com.au to learn more.

Q effects of gambling

effectsofgambling.com.au



Gambling and your wellbeing

You may not notice at first, but over time gambling can affect how you feel.

Think...
is that true for you?



Q effects of gambling





It may not be about how often you bet, how much you spend or whether you win or lose. In fact, it may not be about money at all. The truth is, gambling can affect how you feel.

Stress is one of the most common side effects of gambling, but it is often overlooked. Other frequently overlooked emotional side effects include anxiety, regret, impatience, guilt, anger or just feeling a bit out of sorts for no apparent reason.

It's important to pause and reflect on how you feel and why you may feel that way. If one of these symptoms is true for you, gambling may be affecting your emotional wellbeing.



What to look out for

If you understand the connection between how you gamble and how you feel, you can improve your wellbeing.

The following are just some signs that you may be experiencing negative emotional side effects from gambling.

I celebrate wins but keep quiet about losses

I think about gambling when I'm not doing it

I sometimes feel guilt or regret after gambling

I've spent more money than I intended or put off doing/buying other things so I can gamble

I've snapped at family/friends over little things

I've found it difficult to unwind or sleep



Changing how you feel

Improving your emotional wellbeing can be as simple as making a few minor adjustments.

Here are some tips to help you avoid the negative emotional side effects of gambling:

- only gamble what you can afford to lose – set a weekly/monthly limit on your spend and stick to it
- only gamble when you're in a positive frame of mind
- set time limits for your gambling – use an alarm so you don't lose track of time – and make plans to do something else afterwards
- socialise with people who have interests other than gambling
- avoid activities that may impair your judgement while gambling, like drinking too much
- find other ways to relax and unwind.

If you're stuck for alternative recreation ideas, the 100 Day Challenge offers 100 activities over 100 days for people wanting to take a break from gambling. Visit www.100dc.com.au.