


SELF CARE

Self care is important for our physical, mental and emotional health. It doesn't just happen on its own, we need to make time for our own self care! To best be able to support our loved ones, we must first be caring for ourselves. Self-care involves a wide range of activities.



Connect with the Problem Gambling Resource Center to find out how you can care for yourself in the midst of your loved one's gambling problem.



Art
Yoga
Meditate
Exercise

Healthy Eating
Relaxing Music
NAMI Family Group
Talk To A Counselor

For more ideas, reach out to



PROBLEM GAMBLING

NEW YORK STATE

RESOURCE CENTERS

— Here to Help —

NYProblemGamblingHELP.org

