



HANDOUT 1: SESSION 04

Being mindful when at risk to gamble

Mindfulness practices allow us to develop a sense of spaciousness from our thoughts, feelings and behaviours. This sense of spaciousness between stimulus and response is particularly useful in situations where we may feel challenged and triggered. Mindfulness practices can help us to stay focused on our breath and sensations in our body, which can keep us in the present moment. We can relate differently to gambling and other triggers with awareness, rather than on automatic pilot.

→ HOME PRACTICE

- 1 Practice sitting meditation** 6 days a week.
- 2 Practice the 3-step breathing space regularly** and notice when you are experiencing challenging emotions, thoughts or body sensations.
- 3 Practice walking mindfully** and paying attention to walking. You can focus on the act of walking and what it feels like in the body. You can also alternate between awareness of the different senses: seeing, hearing, smelling, and body sensations. If you are walking outside, you can notice what is happening around you as you walk. You can notice the sounds of birds, traffic, other people, the wind, and so on. Also notice what is happening in your mind and body.