



HANDOUT 1: SESSION 07

Being good to yourself

Mindfulness practices encourage us to tune in to the thoughts, emotions, and behaviours that could put us at risk for gambling. Participating in activities that we enjoy and nourish us is an aspect of being good to ourselves. Being good to yourself is important in recovery from gambling problems.

This session allowed us to consider what aspects of our daily lives are nourishing and what aspects of our lives put us at risk for gambling problems. Living a life that is good for us includes balance and compassion for ourselves. Cultivating mindfulness in our daily lives can remind us to take better care of ourselves and be more fulfilled.

→ HOME PRACTICE

- 1 Choose a practice that we have learned that you like to do** (e.g. 3-step breathing space, body scan, mindful walking, sitting meditation, mindful eating) and find a time in your weekly schedule so that you can practice regularly.
- 2 Participate in at least 3 activities** that you have identified as nourishing for yourself.