



# HANDOUT 1: SESSION 08

## Maintaining practice after group ends

Over the past eight weeks, we have learned mindfulness skills that we can use in daily life. Mindfulness enables us to fully accept our experiences in the present moment and to make choices from a wiser and clearer stance. It is not easy to incorporate these practices into our lives, but we need to develop patience and compassion for ourselves.

We have reviewed risk factors for relapse into gambling and other behaviours, while learning to live a balanced lifestyle.

Participation in a group provides support and a network of people interested in recovery from gambling problems and learning mindfulness practice. When we have support in our lives, we can more easily become aware of triggers for relapse early on, through our social support networks. Another benefit of working with others is that it can help with maintaining our practice.

Mindfulness practices provide us with awareness and acceptance of what is occurring in the present moment and the understanding that there are some things in our lives that we can control and other things that we cannot. Regular mindfulness practice enables us greater freedom because we can learn to be more aware and less reactive in our lives. While difficulties and challenges will arrive with these practices, practicing in itself is a sign of growth. We can learn to be gentle with ourselves and to cultivate an acceptance of who we are at each moment in time.