

Don't hide **big problems** with **small talk**

If you need help call **811** for more information or call the Gambling Information Line: **1-800-461-1234**.

Self Assessment



A healthy lifestyle is the foundation of a successful recovery.

Are you...

getting adequate rest?

Rest is essential to your physical and emotional health. When you are rested, you can think rationally and positively.

eating properly?

Skipping meals and/or consuming large amounts of sugar, caffeine, and alcohol can lead you to have mood swings and behave impulsively.

monitoring your emotional health?

Lasting depression, feelings of despair and self-destructive thoughts need to be addressed through appropriate support.

living a balanced life?

Leisure activities, fun, exercise, meditation, prayer, daily journaling, support groups, learning opportunities, and new challenges are ways you can improve your life.

being honest with yourself and others?

Honesty contributes to self-respect and earns respect from others; this, in turn, helps you deal with problems as they arise.

taking responsibility for your choices and feelings?

Irritability, arguing, and blaming others can sometimes be triggered by your desire to gamble or to use drugs.

thinking rationally?

Rational thinking can help you work through feelings of frustration, anger, and self-pity. Only then can you find healthy solutions.

patient?

Patience allows you to think before you act, to appreciate the process of your growth, and to respect others' needs. Easy does it!

tolerant?

Others may not be ready to change as quickly as you would like or in ways you would like. They may have different needs.

grateful for the large and small gifts in your life?

This can sometimes help when things seem overwhelming.

aware of your vulnerabilities?

We all have areas where we need support or emergency plans.

maintaining a social network?

Being part of a community gives you a sense of belonging, an identity, and a purpose.

Contact us to make an appointment

Addiction Services

Bathurst
547-2086

Campbellton
789-7055

Edmundston
735-2092

Fredericton
453-2132

Miramichi
778-6111

Moncton
856-2333

Saint John
674-4300

Tracadie-Sheila
394-3615

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For confidential information, call

1-800-461-1234

www.gnb.ca/health