CHECKLIST

Recognising and responding to stress-driven gambling

- [ ] Name the emotion before you open the app or place a bet
- [ ] Set a delay rule and wait before acting on the urge
- [ ] Identify one physical or social activity that interrupts the pattern
- [ ] Use a cooling-off period during high-stress weeks
- [ ] Notice when gambling leaves you feeling worse than before
- [ ] Reach out to GamCare or BeGambleAware if the behaviour persists