CHECKLIST

Managing gambling urges outdoors: what to try right now

- [ ] Walk for five minutes on a different route than usual.
- [ ] Notice five things you can see, four you can touch, three you can hear.
- [ ] Run cold water over your wrists or splash your face.
- [ ] Pick one object outdoors and study its details closely.
- [ ] Text someone and tell them you are struggling.
- [ ] Call the National Gambling Helpline on 0808 8020 133 if the urge is intense.
- [ ] Plan a new outdoor route through your neighbourhood this week.
- [ ] Download a blocking app to remove betting sites from your phone.