CHECKLIST

# Managing boredom after you stop gambling

- [ ] List three activities you enjoyed before gambling or want to try now.
- [ ] Start one activity this week and add it to your calendar.
- [ ] Plan your evenings and weekends in advance so boredom does not catch you unprepared.
- [ ] Build a routine with anchor activities that happen at the same time each week.
- [ ] Notice the difference between simple boredom and loneliness or low mood – they need different responses.
- [ ] Keep a list of quick activities for when boredom strikes between scheduled things.
- [ ] Contact a helpline if boredom keeps pushing you toward gambling or if nothing holds your interest.