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SERVICE SPOTLIGHT

Heritage offers assessment and treatment for individuals seeking help with problem gambling. Problem gambling is used to describe individuals who are experiencing some adverse consequences as a result of their gambling but do not quite meet the criteria for a diagnosis of pathological gambling.



Gambling Disorder is indicated by FOUR (or more) of the following:

- Preoccupied with gambling
- Unable to cut back or control
- Irritable or restless when attempting to cut down or stop gambling
- Risks more money to reach desired level of excitement
- Gambles to escape problems or depressed mood
- Chases losses
- Lies to family and others about gambling
- Risks or loses relationships or job because of gambling
- Relies on others for financial needs caused by gambling

If you or someone you know needs help call us or visit <https://www.heritagenet.org/gambling> for more information.

WELLNESS TIP OF THE MONTH

Worried about stress this holiday season? Here are some tips to keep stress at bay:

1. **Exercise:** This prompts your body to release feel-good hormones like endorphins, which can help you to feel less stressed.

2. **Organize:** Stress can kick in when you're feeling overwhelmed by the number of tasks that need to be done. Writing a to-do list can help you focus on seeing each task through.
3. **Breathe:** Stress and anxiety can affect how you breathe. Taking a few deep breaths can help slow your breathing and calm your mind.
4. **Take a time out:** Stress can affect our emotions and how we behave, as well as our physical and mental health. When you start noticing that stress is affecting how you feel or behave, it might be time to step away and spend a few minutes just focusing on yourself
5. **Meditate:** If you haven't tried mindfulness, meditation or relaxation exercises yet, there's no better time to start. Scientifically proven to help decrease and manage stress, and promote mental wellbeing, these tools are useful for when you're experiencing stress.



ANNUAL ASK

Giving Tuesday is coming up on November 30th! This is your opportunity to help those who need your support by donating to Heritage Behavioral Health Center in Decatur. Here's how you can help:

- Make a Gift right now to support our work. Visit <https://www.heritagenet.org/donate>
- Join the conversation online! Share our posts and why mental health matters to you. Visit <https://www.facebook.com/Heritage-Behavioral-Health-Center-283751148735/>
- Share this email with friends, coworker, and family!

Upcoming EVENTS

Like our Facebook Page for upcoming events!
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