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HUMAN RESOURCES CONSULTING
PROTECTING TOMORROW...TODAY.

Understanding Gambling Disorder

Many people are aware of various addictions and negative life choices involving drugs and alcohol; however, certain behaviors can also have drastic consequences for your overall well-being. Gambling disorder, also known as gambling addiction and problem gambling, has become a prominent issue in today's digital world as online tools and apps make placing bets more accessible.

What Is Gambling Disorder?

Gambling issues can manifest in many ways. The term "problem gambling" may conjure images of people spending hours sitting at slot machines and picking out lottery ticket numbers, but there are many other scenarios that might prove problematic. These include sports betting apps, online poker and electronic gaming machines, such as those in bars.

Signs of an Issue

Whether you're concerned about your own habits or those of someone in your life, consider the following possible signs of gambling addiction:

- Developing new hobbies or interests based on gambling, such as following a new sport
- Asking for a loan or a handout to make a bet or pay off a debt
- Concealing or downplaying gambling frequency or bet amounts
- Making bets as a coping mechanism or escape

How to Manage Addiction

When combating a gambling problem, consider the following steps:

- Recognize triggers, such as being around other gamblers or in certain environments.
- Avoid alcohol and other substances that may inhibit your decision-making.
- Find hobbies and interests that are not connected to gambling in any way.
- Leave credit cards at home, carry a limited amount of cash and uninstall gambling apps.
- Seek support by asking friends and family to hold you accountable.
- Speak with your doctor or a mental health professional about your gambling.

Recognizing and taking steps to alleviate gambling issues can significantly improve your financial and mental well-being. For additional lifestyle guidance and wellness resources, contact Ollis/Akers/Arney Human Resources Consulting today.

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