



Gambling Disorder



March Madness is here and along with it comes brackets and betting. Though the office pool or bracket competitions are often a low stakes way to stay involved in the action, for some this is a way to disguise a gambling disorder.

GAMBLING DISORDER

Gambling disorder involves repeated problematic gambling behavior that causes significant problems or distress. As with any type of addiction, gambling disorder does not effect every person that gambles. However, those that experience a gambling disorder, like other addictions, crave gambling and are compulsive with their behavior, often hiding it from others.

Gambling disorders are often talked about in relation to financial issues.

Financial issues are a result of a gambling disorder but the disorder itself is an emotional addiction recognized by the American Psychiatric Association.

KNOW THE SIGNS

Gambling disorders may be influenced by environmental factors but they also can run in families. Men are more likely to develop this disorder at a younger age and women at an older age. Signs of a gambling disorder or addiction include.

- A need to gamble with increasing amounts of money.
- Restless, irritable, or unsuccessful when trying to cut back or stop.
- Frequent thoughts about gambling (reliving, planning or thinking of ways to get more money to gamble).
- Often gambling when feeling distressed.

- After losing money gambling, often returning to break even.
- Lying to conceal gambling activity.
- Jeopardizing or losing a significant relationship or job because of gambling.
- Relying on others to help with money problems.

You may be diagnosed with a gambling disorder if you experience at least four of these signs over the course of a year.

If you or someone you know are experiencing issues related to a gambling disorder you can find out more information [here](#) or call EFR to use you EAP benefit at 800-327-4692



WELLNESS

Mindful March

Mindfulness is just like any other type of exercise: the more you do it, the stronger and more skilled you become! Complete 5 of 10 mindful activities this month to help reduce stress, anxiety, and bring a fresh perspective to your month!

Click [here](#) to download the March Monthly Motivator

Emotion Well Podcast Episode 2!



The Emotion Well podcast covers a variety of topics related to emotional well-being. Episode 2 features Tom Farley who is living a life of purpose in retirement and shares his professional knowledge and personal experiences about retiring with purpose and passion. With 10,000 people turning 65 every day for the next two decades, learning about retirement beyond financial security is critical for optimal well-being during your golden years. Listen to the Emotion Well Podcast [here](#) or find our podcast in Apple Podcasts and Google Play!

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