

15 ways to take a break

1



Go for a
bike ride

2



Learn
something
new

3



Watch something
that makes
you laugh

4



Meditate

5



Play a
sport

6



Call
a friend

7



Take
a bath

8



Dance

9



Write a letter
to yourself or
someone else

10



Turn off all
electronics

11



Go for
a walk

12



Read
a book

13



Have a cup
of tea
or coffee

14



Go to
a park

15



Listen
to music

For more information, contact
Gambler's Help at Bethany

Bethany Community Support 5278 8122 www.bethany.org.au
Gamblers Help 1800 858 858 www.gamblershelp.com.au

bethany
community support



**Gambler's
Help**