

OVERCOMING GAMBLING ADDICTION

Before we consider how best to deal with excessive stress, try to pinpoint some of the sources of stress in your own life and identify why they are so stressful, using the blank list provided.

Source of stress	What makes this stressful situation so difficult to handle?
1.	
2.	
3.	
4.	
5.	

In reducing your overall stress levels, it is often useful to distinguish between *external* and *internal* sources of stress. External stressors are those that occur in our environment