

MORE THAN A BET

UPSET OVER A BET?

In the heat of the moment, it's easy to say something you'll regret later. Here are tips to help you quickly cool off and reset.



1 Take a deep breath

When your temper flares, practice mindfulness techniques to help you regulate your emotional responses.

Try this: Box breathing is a great way to lower your heart rate. Just inhale for **4** seconds, hold for **4**, exhale for **4**, and hold empty for **4**.

2 Step away

A little timeout can help calm intense emotions. Put your phone down and change your surroundings to help you take your mind off the constant betting reminders.

3 Burn off built-up energy

- » Go for a walk or run
- » Do a few jumping jacks, sit-ups, or push-ups
- » Shake out your wrists and ankles to release tension

4 Take an extended break

If you're frequently upset, check out [TimeOutOhio.com](https://www.timeoutohio.com) to voluntarily ban yourself from Ohio's casinos, racinos, and sports gaming for a select period of time. Or try setting restrictions on betting platforms on your device with Gamban, offered at no cost through [TimeOutOhio.com/Gamban](https://www.timeoutohio.com/Gamban).

5 Jump into a hobby

Switch your attention to something you enjoy.

- » Play an instrument
- » Start a creative project
- » Do something outside like hiking, cycling, or fishing

6 Talk it out

Don't bottle things up. Venting can help you process emotions without causing harm.

- » Text or call someone you trust
- » Write your thoughts out on paper
- » Talk with a counselor at no cost through the [OhioGTN.org](https://www.ohiogtn.org)

7 Try financial counseling

If you're having trouble setting limits on your spending, you can get specialized financial counseling services through [TimeOutOhio.com/GamFin](https://www.timeoutohio.com/GamFin).

8 Know when to get support

Call **1-800-589-9966** or text **988** to speak with a trained specialist, available 24/7 through the Ohio Problem Gambling Helpline.