

Empowered

SUMMER 2016

ELLIOTT-HUDSON COUNSELING SERVICES LLC

ISSUE ELEVEN



Bridging Your Gap from Gambling Addiction to Recovery

Summertime...and Recovery Isn't Easy

Summertime calls for all kinds of precautions. Warnings about staying hydrated, wearing sunscreen and insect repellent, limiting exposure to the sun, monitoring children around water sources. So what are you doing to protect yourself from the adverse effects of gambling?

Are you attending meetings and therapy appointments regularly, or do you justify not going because of the heat? Are you forgetting your daily readings or your meditation practices? Are you not returning phone calls or remembering to reach out to others?

In short, are you taking a vacation from the program?

Omitting these activities may lessen your resolve to remain abstinent one day at a time. In some schools, children are assigned summer reading, and here's my challenge to you: don't neglect these factors that sustain recovery: (1) Exploring potential leisure time activities. (2) Reflecting on your social support. (3) Giving yourself the gift of 10-15 minutes to consider what your spiritual goals are and the willingness to do whatever it takes to obtain those goals.

Leisure Time Activities:

Many clients say that they don't know what to do with their free time without gambling. They've never developed any hobbies or interests prior to or while they

were gambling. Limited funds, fear of trying something new or not being able to do it perfectly, or lack of exposure to a variety of possibilities—all are most often cited as reasons that prevent people from taking the risk to develop new leisure time activities. Check out free indoor activities online or in the newspaper, and try something new.

Social Support: Take advantage of any opportunities when invited within and out of the recovery community. This may also be a time to seek out volunteer opportunities for the fall.

Spirituality: Give yourself
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8040 E. Morgan Trail
(480)390-3952 Suite 4
Scottsdale, AZ 85258

3200 N. Dobson Rd.
Building C
Chandler, AZ 85224

My online location:
www.elliott-hudson.com

Summertime cont.

10-15 minutes a day to reflect where you fit in the universe. During this time, assess your connection to something greater than yourself. You could also pull out that GA literature you've purchased and never read.

My personal favorite stress relief: Buy an adult coloring book and start coloring!

This summer, let that inner child of yours come out and be free. The lazy hazy days of summer are long, especially in the Valley of the Sun, but don't take a vacation from your recovery.

Housekeeping

Thanks for your support!

Thank you for your patience and understanding as we move into the 11th month of the new state data management system upgrade. The forms you fill out at each session are helping us to evaluate the services we provide to gamblers and persons affected by gambling.

I appreciate your flexibility during my recent scheduling challenges and your quick response to the emails or texts I send about any schedule changes.

As soon as possible, please inform me of any vacations that require a change in your scheduled appointment.

Reminder: Please remember to bring a notebook or a binder to every session.

"If you accept the expectations of others, especially negative ones, then you will never change the outcome."

--Michael Jordan

My Practice Schedule

SCOTTSDALE

Monday	6:30 AM	8:00 PM
Tuesday	7:30 AM	7:00 PM
Wednesday	Mesa-Chandler all day	
Thursday	Mesa-Chandler all day	

Other times by special arrangement

Please inform me of your vacation schedule as soon as possible so we can adjust your appointment time.

MESA-CHANDLER

Monday	Scottsdale all day	
Tuesday	Scottsdale all day	
Wednesday	7:00 AM	4:30 PM
Thursday	8:30 PM	6:30 PM

Other times by special arrangement

Please remember to bring a folder or binder to each session for handouts and your assigned homework.

My Vacation Schedule

National Council on Problem Gambling Conference: Thursday, July 14 - Sunday, July 17, 2016, in New York

Therapist R&R: Sunday, August 21- Sunday, August 28, 2016

Please use the emergency resources below if you are in need of support.

La Frontera / Empact: 480-784-1500

Banner Helpline: 602-254-4357

Central Arizona Crisis Line: 602-222-9444

GA Hotline: 602-266-9784

AA(help/information) 602-264-1341

During any other times, for emergencies during non-business hours, please call (480) 390-3952.

For last-minute cancellations (less than 24 hours before your appointment) or if you are going to be late to a session or group, please call (480) 390-3952. Because of my increased caseload, I may not be able to reschedule a last-minute cancellation.