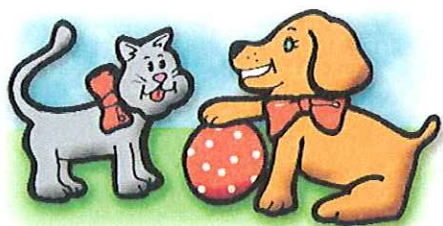


## Getting Along with Others

**I**n a group of people, each person has an opinion or way of thinking about situations. In order to keep peace and accomplish the goal, it's important to take the initiative to get along. **Here are tips on getting along better:**

- ◆ Remember that you're responsible for your own choices. No one can make you angry, you allow yourself to become angry. You make the choice in how you react in situations.
- ◆ Evaluate your choices and think before you react. If you're



on the verge of getting angry, take some deep breaths and count to 10 slowly.

- ◆ Take a break away from the situation so you don't

say or do things you may later regret. Politely leave the room or take a short walk.

- ◆ Be kind and encouraging to others. Praise good work and show concern for other people's feelings.
- ◆ Learn about other people's interests, families, friends, and problems. Never belittle others.
- ◆ Express a cheerful attitude with others. It's true that "misery loves company," but you can break the cycle and spread cheer instead.
- ◆ Keep an open mind. Discuss issues instead of arguing about them. In some situations, agree to disagree.
- ◆ Curb your tongue. Always say less than what you think it will hurt others unnecessarily.

### Project a Positive Attitude

- Find something positive in every situation. For example, if you have a minor car accident, be glad that no one was injured. If you break a fingernail, be glad you didn't break a bone.
- Interrupt negative thinking. If you're stuck in traffic, relive a favorite memory you have or think about those you care about.
- Get real. Set realistic goals for yourself at home and work. When your plans don't go as you planned, make adjustments if necessary and adapt to the situation.
- Consciously decide to smile. Smiling makes you feel better. Try smiling even when you don't feel like it.
- Count your blessings. Think about all the good things you have and be thankful. Avoid comparing yourself to others and what they have. Be happy with what you have and can do.

## Gambling: More Than a Game

According to the National Council on Problem Gambling, it's not whether you win or lose, but how you play the game. Three percent of the population may have a gambling problem and the way they play puts them and their families at financial and emotional risk.



Problem gambling can affect men or women of any age, race, or religion, regardless of their social status. A problem gambler might exhibit one or more of the following warning signs: • Preoccupation with gambling and inability to stop • Bragging about gambling, exaggerating wins, and minimizing losses • Restless and irritable when not gambling • Gambling to escape • Borrowing money for gambling • Lying to hide time spent gambling or unpaid debts • Frequent unexplained absences • Losing work time because of gambling • Doing something illegal to get money for gambling • Jeopardizing a significant relationship or job by gambling.

If a loved one or friend has a gambling problem, talking to them about their problem may be challenging for you. Here are some tips: • First, choose a comfortable place where you won't be disturbed, and then keep it simple and straightforward. • Tell them you care about them and you're concerned about how they're acting. • Tell them exactly what they've done that concerns you. • Tell them how their behavior is affecting other people – and be specific. • After you've told them what you've seen and how you feel, allow them to respond. Listen with a non-judgmental attitude. • Let them know you're willing to help. • Encourage them to talk to their doctor or call the National Problem Gambling HelpLine at 1-800-522-4700 or visit [www.npgaw.org](http://www.npgaw.org).

If you're concerned that gambling is becoming more than a game for you, try using these guidelines to moderate your play: • Think of the money you lose on the cost of your entertainment. • Set a dollar limit and stick to it. • Set a time limit and stick to it. Leave when you reach your limit, whether you're winning or losing. • Understand that you'll probably lose, and accept the loss as part of the game. • Never borrow money to gamble. • Never let gambling interfere with or become a substitute for family, friends or work. • Don't use gambling as a way to cope with emotional or physical pain.

Source: National Council on Problem Gambling, [www.npgaw.org](http://www.npgaw.org)