



Alternative activities to gambling

Whether you want to simply cut back on your gambling, take a break, or stop permanently, the **100 Day Challenge** is about finding alternative activities to gambling.

Choose from this short list of alternative activities and get started today.

- Activate your support network** - tell trusted friends about your gambling goal
- Arrange a **board games night** with friends
- Arrange **coffee with a colleague**/work friend
- Back up your **photos and arrange** into albums
- Check in with a friend**, lend your support
- Check out your local council's website and **attend a community event**
- Clean out your wardrobe** and sell or donate unwanted items
- Clean your car** or pump up your bike tyres
- Complete the **Gambling harm quiz** or do a **self-help gambling module**
- Do a **spring clean** or tend to odd jobs around the house
- Find or share other alternative activities on the **Activities discussion forum**
- Garden**: Do the mowing, plant some herbs or remove weeds
- Go and **see a community theatre** performance
- Go and **see your local sporting team** play a game
- Go for a **walk or run**
- Hand **write a letter** to a friend
- Join a club** or start your own (e.g. cooking/reading/movies)
- Join** the Gambling Help Online **Lived Experience community forum**
- Learn a new skill** - watch a YouTube tutorial
- Listen to your favourite music** or see a band play live
- Play a social game or team sport** like lawn bowls, cricket or golf

- Research **short courses** in-person or online
- Say yes! Be **open to social invitations** from friends and colleagues
- Spend some time in nature – **plan a day trip**
- Spend time in your local library and **explore the activities** they offer
- Spend time with your pet** or offer to walk a friend’s dog
- Start a **craft project**
- Start an **online chat with a gambling counsellor**
- Take a **fitness class**, or join a running club
- Take time to **read a book** or the newspaper
- Take time to **see the GP** and request a physical health assessment
- Unsubscribe from gambling emails and **delete gambling apps**
- Use the **Gambling guidelines tool** to help you lower your risk from gambling
- Volunteer for a cause you care about** – it’s a great way to meet new people!
- Work on your finances**/make a budget

Add you own alternative activities

- _____
- _____
- _____
- _____
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Join the **100 Day Challenge community forum** to chat with others who have taken the challenge.

Need more support?

Visit Gambling Help Online **gamblinghelponline.org.au** for online support, or call **Gambler’s Help** on **1800 858 858** for free, confidential support 24/7.

