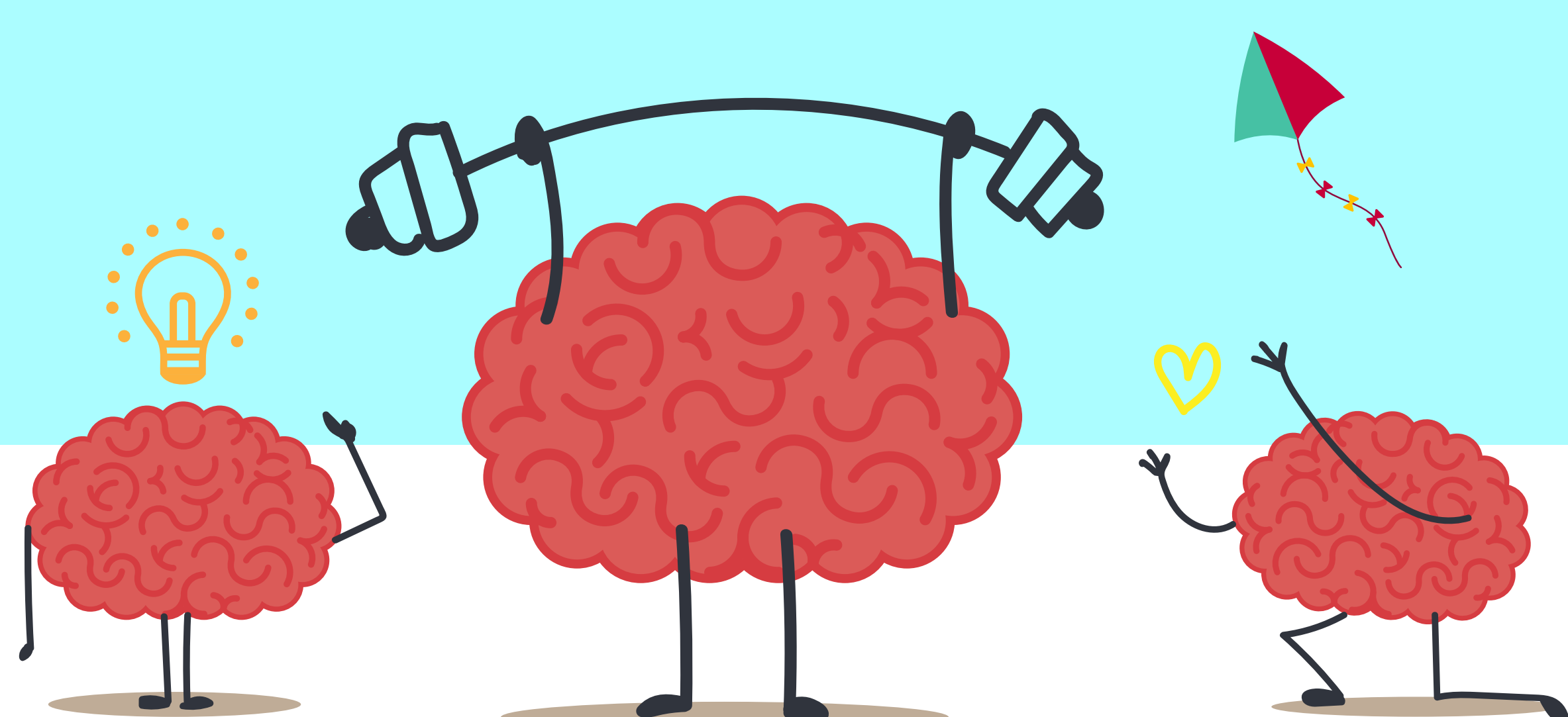


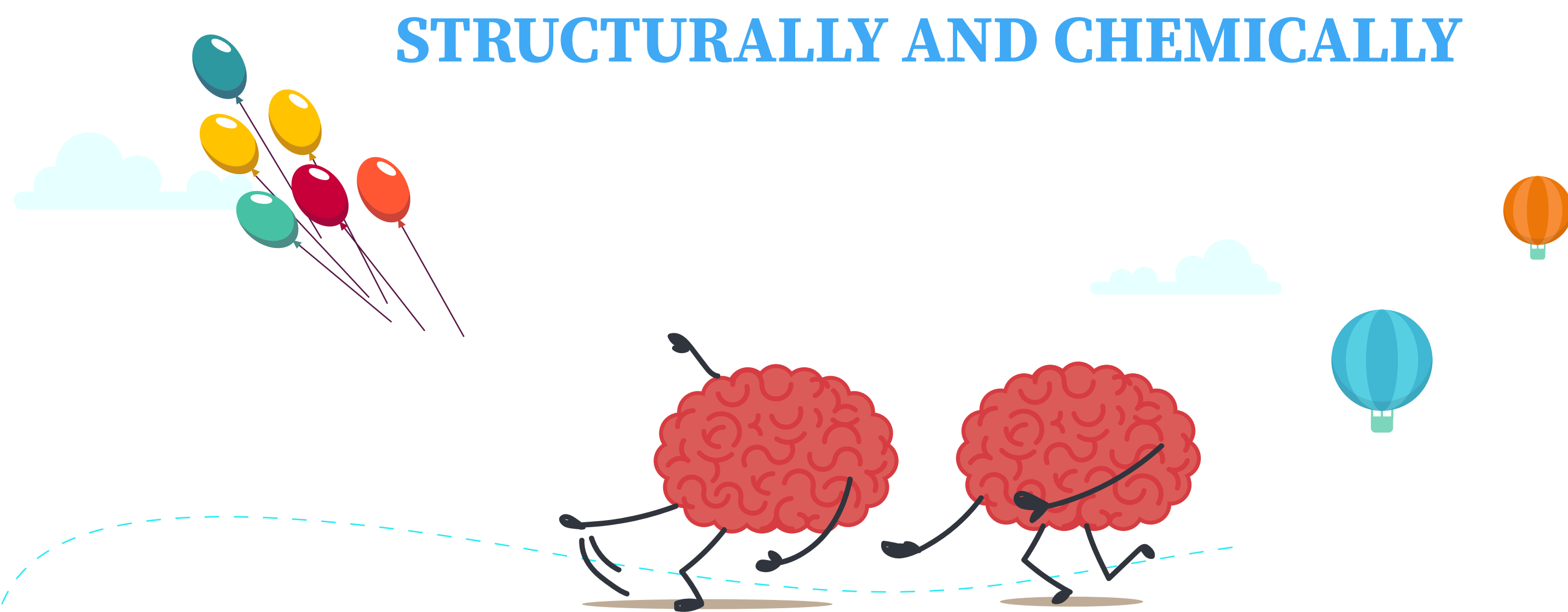
CHANGE

YOUR BRAIN

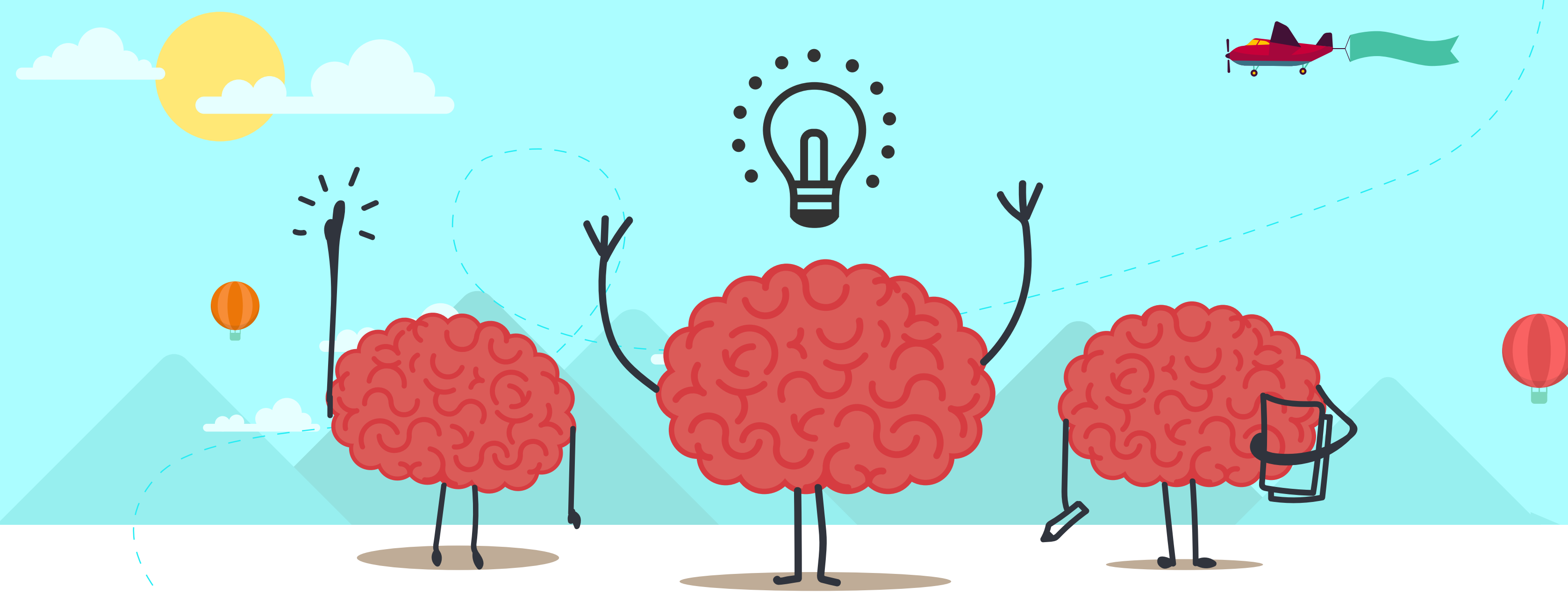
The brain can change with abstinence and interventions to reduce or end problem gambling



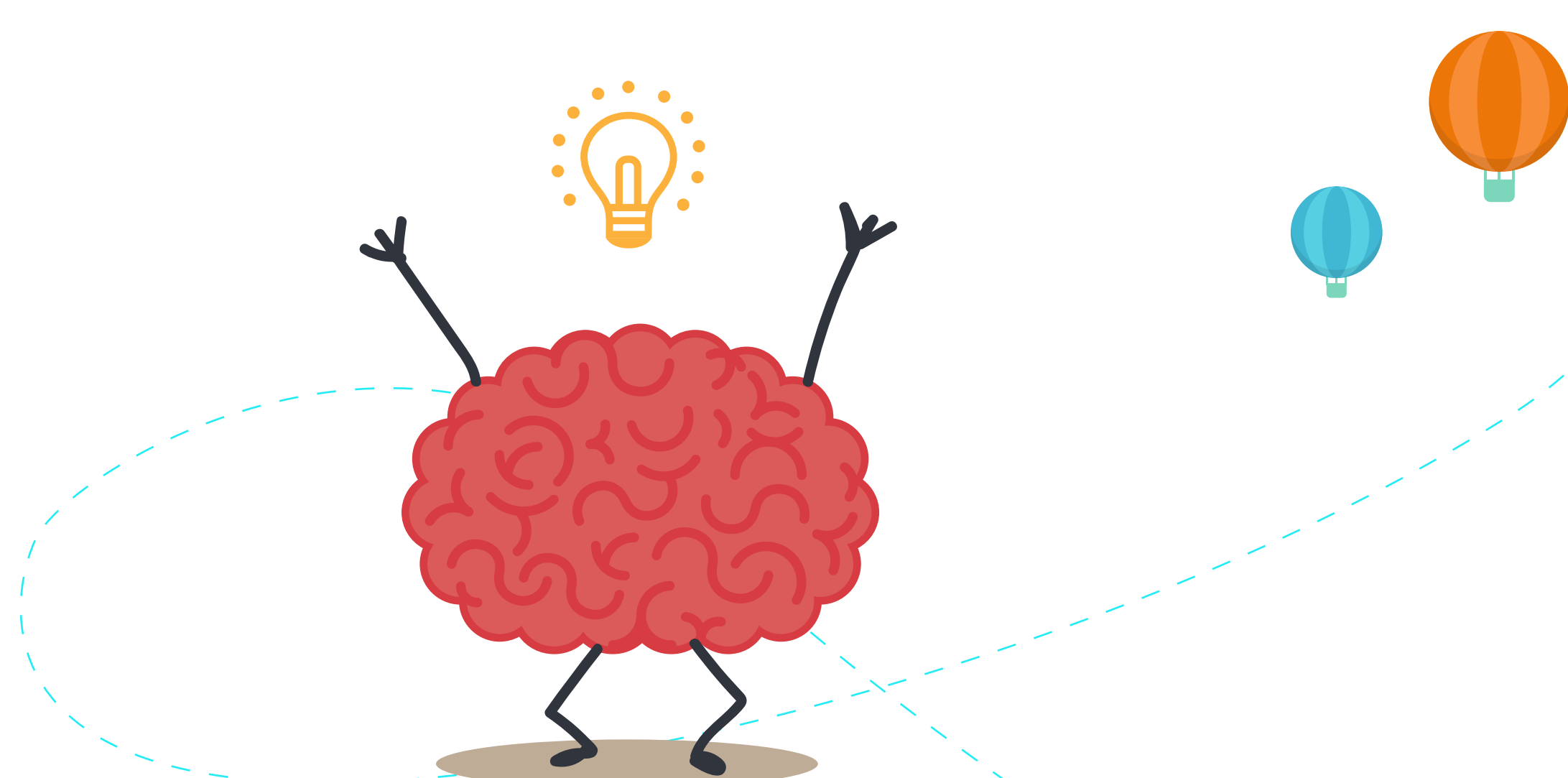
The brain is always changing and the brain can recover **STRUCTURALLY AND CHEMICALLY**



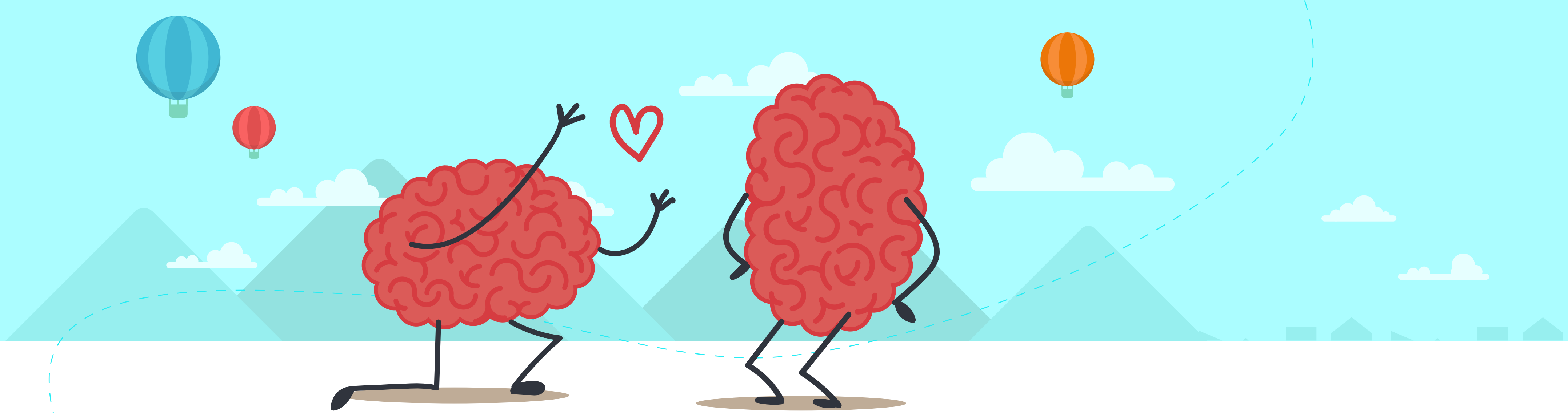
Research on how the brain **RECOVERS** from addiction is just starting, but so far, early findings look **PROMISING**.



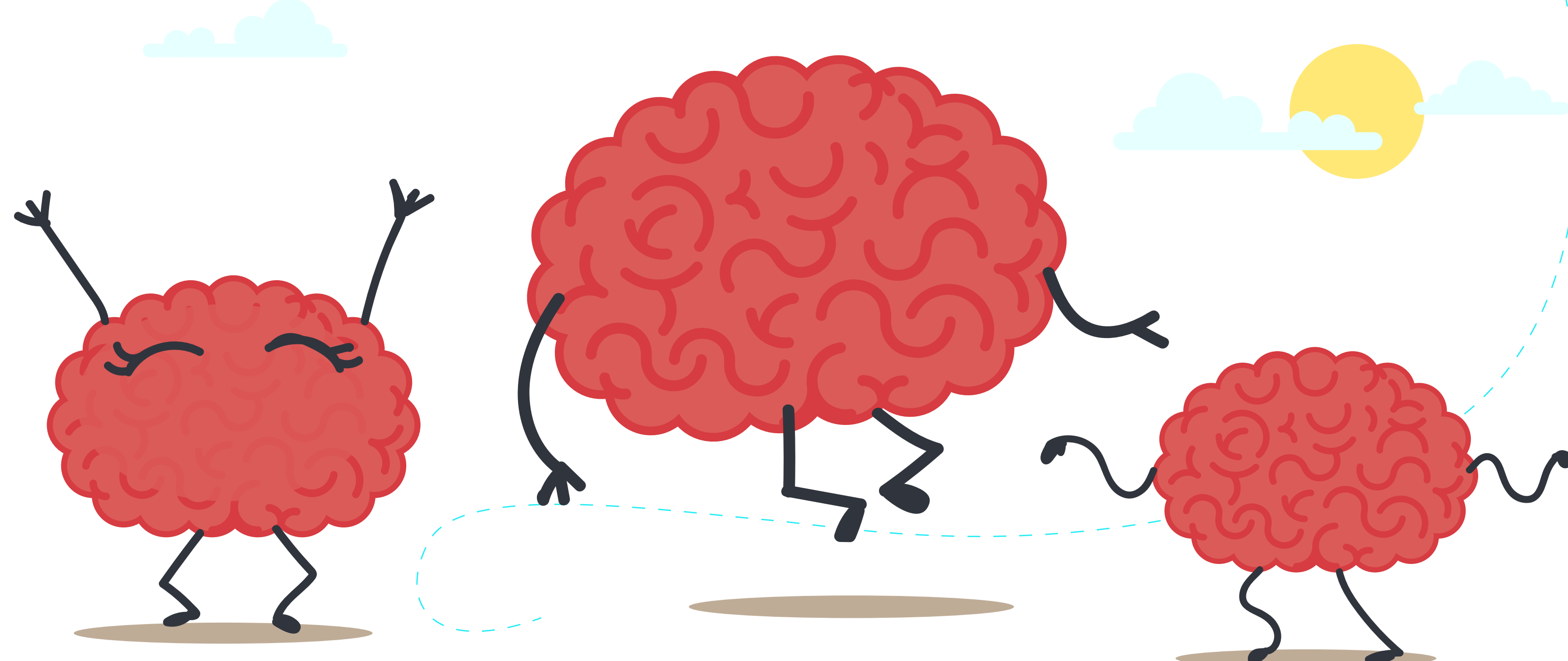
Studies show that after only **FOUR MONTHS OF ABSTINENCE**, individuals with addiction can again respond to non-gambling or 'neutral' cues, and show a **REDUCED URGE** to engage in gambling or other problem behaviors.



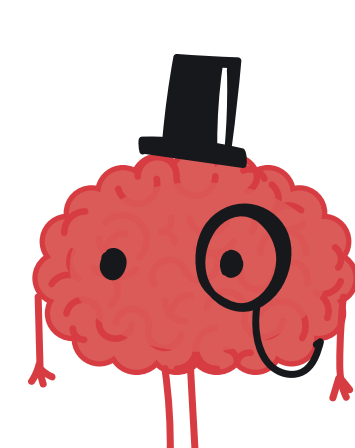
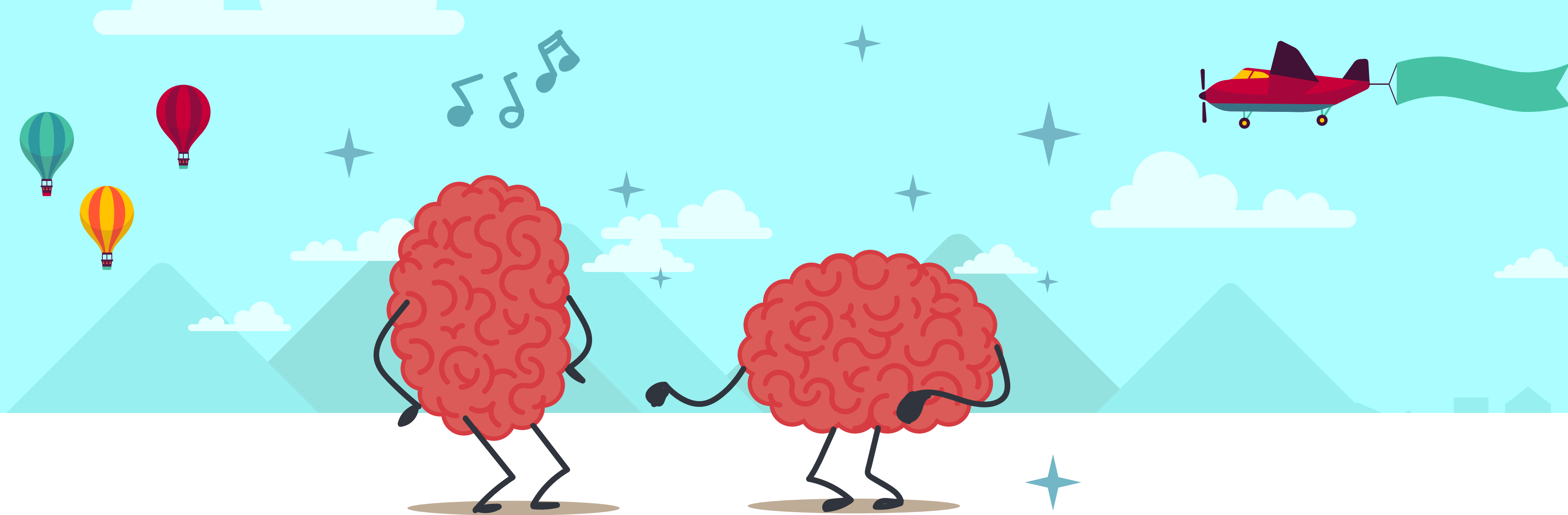
NEUTRAL CUES normally engage the **REWARD HUB** in the brain of a non-addict. Examples include: family, relationships, jobs, health, self-care and other parts of our life that we consider **FULFILLING** and **REWARDING**.



This is a **POSITIVE SIGN** for people with a gambling problem. It shows that the brain **CAN CHANGE**.



The networks in the brain that may have been altered from **ADDICTION** can revert back to **NORMAL BRAIN FUNCTION**, giving hope to individuals who struggle with addiction.



Resource Links:

- <https://pubmed.ncbi.nlm.nih.gov/28146248/>
- <https://www.brainfacts.org/Diseases-and-Disorders/Addiction/2015/Gambling-Addiction-and-the-Brain-chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/viewer.html?pdfurl=https%3A%2F%2Fbrainconnections.ca%2Fwp-content%2Fuploads%2F2020%2F05%2FPh1-whycantistop.pdf&clem=1877698&chunk=true>
- <https://www.responsiblegambling.org/for-the-public/about-gambling/the-science-behind-gambling/>
- <http://www.youthgambling.com/>
- <https://brainconnections.ca/mood-and-gambling/>