



Day Challenge by
Gambling Help Online

Alternative activities to gambling

Whether you want to cut back, take a break, or stop gambling altogether, the 100 Day Challenge is about discovering alternative activities to replace gambling.

- 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**
- Create a budget**
- Do a **mindfulness activity**.
- Do a **spring clean** or tend to odd jobs around the house
- Discover and **prevent your gambling triggers**
- Find or **share other alternative activities** on the **100 Day Challenge forum group**
- Garden:** Do the mowing, plant some herbs or remove weeds
- Get inspiration** from **stories of recovery**.
- 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
- Learn about **urge surfing**
- Learn a technique called the 5Ds** to manage gambling urges
- Learn how to **reduce the likelihood of a lapse**

- Learn money management techniques through the [Moneysmart](#) website
- Learn strategies to **avoid risky gambling**
- Listen to your favourite music or see a band play live
- Play a social game or team sport like lawn bowls, cricket or golf
- Protect yourself from online gambling**
- Research short courses in-person or online
- Register for [Betstop](#)
- Resolve any financial challenges**
- Say yes! **Be open to social invitations** from friends and colleagues
- Set gambling goals**
- Sign up for [online self-exclusion](#)
- Sign up for our [SMS program](#)
- Sign up for [venue self-exclusion](#)
- 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
- Strengthen and **look after your relationships**
- 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!

Find more activities in our article on [keeping busy](#) or ways you can focus on your [health and wellbeing](#).

Join the [100 Day Challenge community forum](#) to connect with others who have taken the challenge.

Need extra support?

Visit Gambling Help Online at gamblinghelponline.org.au for online help, or call the **Gambling Helpline** on 1800 858 858 for free, confidential support available 24/7.



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