TIPS FOR HEALTHY GAMING

It's Okay To Play.

Be Mindful of the Time You Spend Gaming.

1. PRIORITIZE RESPONSIBILITIES
Schedule and tackle work/school/family responsibilites before gaming.

2. PAY ATTENTION TO TIME
Keep a log of how much time is spent gaming. Keep a clock nearby to monitor the time.

3. PLAN DESIGNATED TIMES
Set an alarm to notify when time is up. Make online friends aware so they respect your decision and become a support.
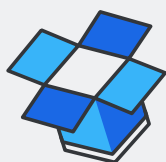
4. TURN OFF COMPUTER AND PHONE AT CERTAIN TIMES
Program WIFI to be off during certain hours.

5. HAVE TECHNOLOGY FREE DAYS
Limit use of computer and playing video games by being 'offline' a couple days a week.

6. BE AWARE OF TRIGGERS
Pay attention to possible triggers that encourage playing video games. Place gaming devices out of sight in a box or drawer when not playing.

7. BE SOCIAL OFFLINE
Engage in social activities with family and friends in-person more often.