

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 responsibilities 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.

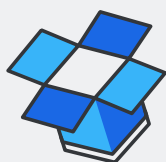


4. TURN OFF COMPUTER AND PHONE AT CERTAIN TIMES

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.

