

Responsible Gambling

Gambling as a form of recreation is becoming increasingly popular. If you are someone who gambles, whether in person or online, it's important to set limits. People who take a healthy approach to gambling:

- ▶ Gamble for entertainment, not to make money
- ▶ Balance gambling with other leisure activities
- ▶ Accept losses as the cost of the entertainment experience
- ▶ Only gamble with discretionary income (never with money that is needed to pay essential bills)
- ▶ Do not access additional funds (by going to the casino ATM, for example) once their initial gambling money is gone
- ▶ Set a budget and stick to it
- ▶ Set a time limit and quit when it is up
- ▶ Never borrow money so they can gamble
- ▶ Take frequent breaks
- ▶ Limit their alcohol intake while gambling

Others, however, may have difficulty with setting limits. Signs that gambling is becoming a problem include:

- ▶ An increased preoccupation with gambling
- ▶ Gambling more often or for longer periods of time
- ▶ Playing for higher stakes or to "chase" losses
- ▶ Borrowing money to gamble
- ▶ Feeling restless or irritable when not gambling or when attempting to stop

- ▶ Neglecting personal needs, such as nutrition, sleep, exercise, or cleanliness
- ▶ Losing control of the ability to stop gambling despite increasingly serious life consequences

If gambling is harming your relationships or finances, LifeMatters can help. Call or text today.

Source: responsiblegambling.org



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