

Guidelines for a Healthier Relationship with Gambling

Healthy Hints!

If you choose to gamble, do so for entertainment purposes -

- If your gambling is no longer an enjoyable activity, then ask yourself why are you still playing

Treat the money you lose as the cost of your entertainment -

- Treat any wins as a bonus

Set a dollar limit and stick to it -

- Decide before you go not only what you can “afford” to lose, but how much you want to spend. Do not change your mind after losing.

Set a time limit and stick to it -

- Decide how much of your time you want to allow for gambling. Leave when you reach the time limit whether you are winning or losing.

Expect to lose -

- The odds are that you will lose. Accept loss as part of the game.

Don't borrow money to gamble -

- Only gamble with money you have

Create balance -

- Gambling should not interfere with or substitute for friends, family, work or other worthwhile activities.

Take frequent breaks -

- Move around, get some fresh air, have something to eat or a cup of water.

Avoid “chasing” losses -

- The more you try to recoup your losses the larger your losses will be.

Avoid gambling as a way to cope with emotional or physical pain -

- Gambling for reasons other than entertainment can lead to problems. Gambling should not be used as a coping mechanism.

Avoid alcohol and/or cannabis use while gambling as it can increase risk -

- Gambling under the influence of alcohol and/or cannabis can impair judgement and lead to impulsive decisions. Make betting decisions with a clear mind.

Become educated about the warning signs of problem gambling -

- The more you know, the better choice you can make.

Don't depend on “good luck” strategies -

- “Good luck” strategies don't increase your chances of winning.

If you find yourself struggling to stick to the guidelines for a healthier relationship with gambling, it may mean that gambling is becoming more than just recreational. If you need further assistance, contact the Oregon Problem Gambling Resource

Call 1-877-MYLIMIT or go to [OPGR.org](https://www.opgr.org)



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