

Winning Ways to Keep Gambling Safe

1. Decide ahead of time how much money you plan to gamble with.
2. Play knowing that it is likely that you will lose more often than win – so make sure you are playing with money you can afford to lose.
3. Make informed decisions about your gambling – know the odds.
4. Think of gambling as a form of entertainment – not a way to make money.
5. If you win big, enjoy! But remind yourself it will probably never happen again.
6. Don't gamble when you are tired, bored, anxious or angry.
7. Keep track of how much time and money you spend on gambling.
8. Take your family and friends seriously. If they are worried about your gambling, they might be seeing something you don't see.
9. Only use your own money to gamble. Don't borrow.
10. Realize that in most forms of gambling you have no control over the outcome of the game – it's random.
11. When gambling, take breaks - walk around, eat, or go outside to clear your head.
12. Keep your head clear when you gamble – limit your use of alcohol.
13. Balance gambling with other leisure activities.
14. Go gambling with someone who doesn't have a problem with gambling.
15. Don't make the hole bigger - don't chase your losses.
16. Don't take your credit and bank cards with you when you gamble.
17. Set a time limit on how long you will gamble.
18. Make your own decisions about gambling – don't gamble because others want you to.
19. Don't use gambling as a way of avoiding negative feelings or situations.

Talk to someone you trust if you are concerned about your gambling.