

# VIDEO GAMING: HOW TO MAKE HEALTHY CHOICES



Set priorities (e.g., homework before gaming).



Turn off computer/smartphones at a certain time each night.



Take part in “offline” activities such as sports and in-person get-togethers with family and friends.



Limit the number of hours you play video games.



Keep tech devices in a “depot area” in your home and away from your bedroom at night.



Program your home wi-fi to only be on at certain hours.



Be aware of things that might trigger you (e.g., tell your friends not to discuss game play).



Don't eat in front of your computer/device.



Have tech-free days—challenge yourself to a “media fast”.



Set an alarm to go off after a certain amount of time online.



Play games that have less of an addictive quality, especially ones that have a definite end.



Pay attention to how much time you are spending and what you are doing online.



Listen to others who may recognize the problem first and know when to ask for help.



Maintain a log of daily video game play and note thoughts and emotions while playing and not playing.

Adapted from: *Soul Crush Story - A Resource to Help Raise Awareness of Healthy and Harmful Video Gaming Facilitators Manual*, CAMH  
Problem Gambling Institute of Ontario  
[www.ProblemGambling.ca](http://www.ProblemGambling.ca)