











## EMPLOYEE SERIES

### Tips on how to reduce your gambling

If you want to make sure gambling isn't having any harmful effects, the key is to keep track of how much time and money you spend gambling. Here are some practical tips to help make sure gambling doesn't sneak up on you.

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**Set money and time limits and stick to them.** Sticking to limits means you'll have more time and the money to do other things you enjoy, like going on a holiday or buying something you really want.
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**Take regular breaks.** Gambling continuously can cause you to lose track of time and perspective. Step out for some air or a bite to eat at regular intervals.
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**Balance gambling with other activities.** Make sure gambling isn't your main pastime. When gambling becomes your only form of entertainment, your gambling could be a problem.
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**Never chase your losses.** Gambling is a form of entertainment so if you start chasing your losses, walk away. Chasing your losses will usually just lead to larger losses.
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**Don't think of gambling as a way to make money.** Only gamble for entertainment. Think of gambling as an entertainment expense – just like buying a movie ticket.
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**Don't gamble to escape.** If you are gambling because you are lonely, bored, stressed or anxious, you are using gambling to escape. Decision-making can be more difficult when you're emotionally upset. Make sure you only gamble when you're feeling happy and clear headed.
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**Only gamble with money you can afford to lose.** Gamble within your weekly entertainment money, not with your phone bill or rent budget.
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**Leave your credit and debit cards at home.** Using cash and leaving the cards at home is a good way to manage the amount you spend and help you stick to your limit. This is a good way to safeguard your money limit and not let being 'in the moment' warp your judgement.
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**Limit drinking when gambling.** Alcohol and drugs cloud judgement and this can affect the decisions you make when gambling.
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**Consider options for self-exclusion.** Self-exclusion is a free program where you ban yourself from gaming venues or online gambling. You can ban yourself from venues like casinos, clubs, pubs or TABs, or from placing a bet on gambling websites.
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**Learn from past gambling experiences.** If you sometimes feel anxious, guilty or just uncomfortable during or after betting, recognise it and do something about it. Follow these tips to minimise effects of gambling. Don't let it lead to something bigger.

Reference: [www.gamblershelp.com.au](http://www.gamblershelp.com.au) (2020)

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website [www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)