

Keeping Gambling in Check: Practical Tips for Staying in Control

Gambling can be a fun form of entertainment, but it's important to keep it in balance. By setting limits and making mindful choices, you can enjoy gambling without it becoming a problem. Here are some simple ways to stay in control.



Set limits on time and money—and stick to them: Having clear limits means you'll have more time and money for other things you enjoy, like a holiday or a special purchase.

Take regular breaks: Gambling for long periods can make it easy to lose track of time and perspective. Step outside, grab a bite to eat, or do something different for a while.

Balance gambling with other activities: Make sure gambling isn't your main pastime. A well-rounded lifestyle with other hobbies and social activities helps keep things in perspective.

Never chase your losses: Gambling is entertainment, not a way to make money. If you find yourself trying to win back lost money, it's time to walk away.

Don't gamble as an escape: Gambling when you're stressed, anxious, or lonely can lead to impulsive decisions. It's best to play only when you're feeling clear-headed and in control.

Only gamble with money you can afford to lose: Treat gambling like any other entertainment expense—separate from essentials like rent or bills.

Use cash and leave cards at home: Sticking to cash helps manage spending and prevents impulsive decisions.

Limit alcohol and drugs when gambling: These can cloud judgment and lead to risky choices. Consider self-exclusion if needed. This free program allows you to ban yourself from gaming venues or online gambling, giving you more control over your habits.

Recognise patterns and learn from past experiences: If gambling ever leaves you feeling anxious or guilty, take it as a sign to reassess your approach.

For more support, visit www.gamblershelp.com.au.

To book an appointment with one of our counsellors, call or scan the QR Code



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