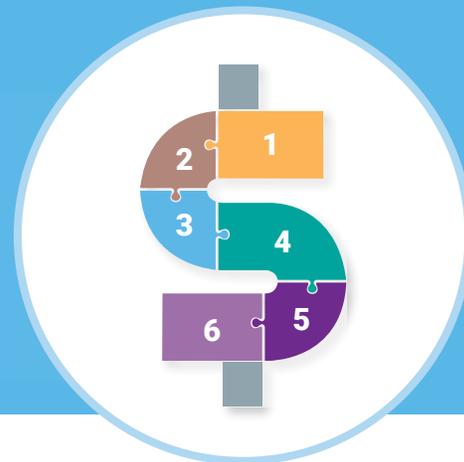


# WINNING WAYS TO KEEP GAMBLING SAFE



All types of gambling come with risks. If you're having financial, family, emotional or physical health problems because of your gambling, you should consider taking a break from it. This will help you understand its impact on your life and gain more control. If you do choose to continue gambling, consider the following strategies to limit your risks:

## 1. SET A BUDGET ON YOUR TIME AND MONEY.

Spend only what you can afford to lose. Leave your bank card and credit card at home. When you've spent your budget and your time is up, walk away. Do not try to win back your losses or use rent or grocery money to continue to gamble. Keep a diary of the amount of time you play, your wins and your losses—often we only remember the wins.

## 2. VIEW GAMBLING AS ENTERTAINMENT, NOT A WAY TO MAKE MONEY.

Play knowing that you will almost certainly lose. Go with friends who do not have problems with gambling, and ask them to support you in staying within your preset limits. See the money lost as part of your entertainment budget.

## 3. UNDERSTAND THE ODDS—THE "HOUSE" ALWAYS HAS THE EDGE.

Make your gambling decisions based on an accurate understanding of your odds of winning. Expect to lose. Accept that you have no control over the outcome of the game—it is truly random. You cannot change the outcome, there are no winning strategies and you cannot influence luck. The odds are stacked against you and always favour the house.

## 4. RECOGNIZE RISK FACTORS.

Do not gamble when you are feeling vulnerable, depressed, bored, lonely, anxious or angry. Be careful not to use gambling as a way to escape problems or avoid difficult feelings or situations. Take frequent breaks from gambling. Walk outside to clear your head. Avoid mixing alcohol and gambling.

## 5. CULTIVATE A BALANCED LIFESTYLE.

Have other meaningful activities in your life. Spend time with family and friends. When you feel like gambling, consider another activity, such as going to a movie.

## 6. LISTEN TO THE CONCERNS OF OTHERS.

If others express concerns about your gambling, listen to them. They may be seeing something you are not. People do not let their gambling behaviours strain relationships in their personal, social or professional lives unless they have a problem with gambling.

