



Social Gambling Guidelines

◆ **If you choose to gamble, do so for entertainment only.**

If your gambling is no longer an enjoyable activity, ask yourself why are you still “playing”?

◆ **Treat the money you lose as the cost of your entertainment.**

Winning is the exception, not the rule!

◆ **Set a dollar limit and stick to it.**

Decide what you can afford to spend and don't change your mind while playing.

◆ **Set a time limit and stick to it.**

Decide how long you will gamble and leave when your time is up, even if you are winning.

◆ **Expect to lose.**

The odds are that you will lose. Accept the loss as part of the game.

◆ **Make it a personal rule not to gamble on credit.**

Never gamble with borrowed money or with money you can't afford to lose.

◆ **Maintain balance in your life.**

Gambling should not interfere with friends, family, work, or other worthwhile activities.

◆ **Avoid “chasing” lost money.**

Chances are the more you try to recoup your losses the larger your losses will be.

◆ **Don't gamble as a way to cope with emotional or physical pain.**

Gambling for reasons other than entertainment can lead to problems.

◆ **LEARN ABOUT THE WARNING SIGNS OF PROBLEM GAMBLING.**

If you have difficulty following the guidelines above, visit our website or call toll-free for additional information and resources.