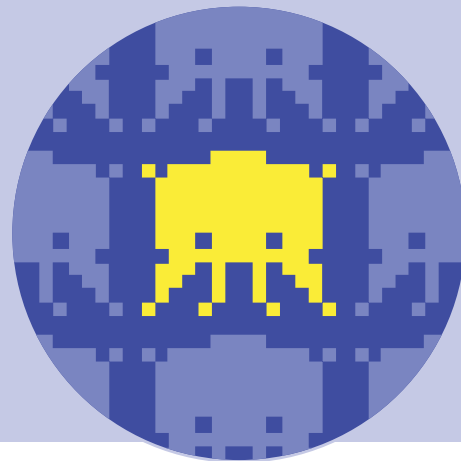


VIDEO GAMING: HOW TO MAKE HEALTHY CHOICES



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



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

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



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

Take part in **offline activities** such as sports and in-person events with family and friends.



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

Limit the number of hours you play video games.



Play games that have **less of an addictive quality**, such as ones that have a definite end.

Keep tech devices in an **assigned area** in your home and away from your bedroom at night.



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

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



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

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



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 Awareness of Healthy and Harmful Video Gaming Facilitators Manual*, CAMH, Problem Gambling Institute of Ontario