



# Strategies to Gamble Responsibly



Avoid gambling when upset or frustrated.



Gamble for entertainment and if it's not fun, stop playing.



Set a budget and stick to it.



Set time limits and take breaks.



Balance gambling with other activities.



Understand how the games work, including odds.

## Gambling Myths

**Myth:** You have to gamble every day to have a gambling problem.

**Fact:** A person impacted by problem gambling may gamble frequently or infrequently. If your gambling is affecting other areas of your life, you may have a gambling problem.

**Myth:** Gambling isn't really a problem if the gambler can afford it.

**Fact:** Problem gambling isn't just a financial problem; it's also an emotional problem. It's about loss of control and isn't limited to how much you win or lose.



**GIFT**   
**RESPONSIBLY,**  
Lottery Tickets Aren't Child's Play

