

**101 Ways to**

**Play**  **Wise**™



**Way #7**

**Know the Facts.**



## **Play Informed. Keep It Fun.**

The best way to keep gambling fun is to have the right information when you play. PlayWise is a collection of tips and tools to help you make informed decisions.

Having the wrong information such as believing the chances of winning are better than they are or that you are due for a big win, can lead to taking risks.

## Way #89

Think of losses like your shadow.  
Not worth chasing.



## Tips to Keep Gambling Fun

- Set a budget and stick to it
- Set a time limit and stick to it
- Maintain a gambling journal
- Avoid gambling when intoxicated
- Take frequent breaks
- Balance gambling with other forms of entertainment

## Gambling Myths

There are a lot of common gambling misconceptions out there. Here's the real deal on some of them:

*“I can develop skills or strategies to influence the outcome on a Video Lottery Terminal (VLT).”*

The thing is, all results are completely random. You can't influence what happens. The machine is going to do what it's going to do. And there are no strategies or skills that can change that.

*“If I lose money I can win it back.”*

It's called chasing losses and it leads to losing more money, not winning it back. The longer you play, the more money you will lose.

*“Sooner or later, I’m due for a big win.”*

There is no sooner or later. No matter how long you play, wins and losses are completely random. If you think you’re due for a big win, you’ll likely be disappointed.

*“Machines go on hot and cold streaks.”*

Machines pay out at random. That’s how they’re programmed. There is no way to predict when or how much a machine will pay out.

Tell me more. You can find more PlayWise information at [alc.ca/playwise](http://alc.ca/playwise)

## **Know The Warning Signs:**

Gambling requires time, money and energy. If these resources are spent at the expense of other things, such as personal relationships, family, employment, academics or financial commitments, it's time to evaluate your playing habits.



## **Way #46**

**Play for a good time, not a long time.**



## **Signs to be concerned with could include:**

- Spending more time and money than intended
- Arguing about gambling with family and friends
- After losing, having the urge to return as soon as possible to win back losses
- Feeling guilt or remorse about gambling
- Borrowing money or sell assets to gamble
- Missing work to gamble
- Hiding the extent of your gambling

## Help is Available

Sometimes, people get caught up in the excitement of the games. And sometimes, things get out of hand. The important thing to know is that help is available. Whether you're concerned about your gambling behaviour or someone else's, help is just a phone call away. All calls are toll-free and completely confidential.

New Brunswick: **1-800-461-1234**

Newfoundland & Labrador: **1-888-899-HELP (4357)**

Nova Scotia: **1-888-347-8888**

Prince Edward Island: **1-855-255-4255**