

101 Ways to

Play Wise™



Way #54

Manage your gambling in a way that is right for you.



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Introduction

All forms of gambling are designed for entertainment. Sure, we all have the hope of the big win – but in the long run, the house always comes out ahead. You wouldn't expect to come out of a movie with more money than you went in with. This also applies to gambling. If you think you are due for a big win, you'll likely be disappointed.

Gambling responsibly means playing for fun and entertainment, not profit. It requires us to keep our gambling activities in check. The best way to keep gambling fun is to have the right information. PlayWise is a collection of tips and tools to help you make informed decisions when you play. This booklet is one of the tools you can use to help make healthy choices when playing games of chance such as setting a time and money limit.



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Play for fun, not funds.

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 impaired or fatigued
- Take frequent breaks
- Balance gambling with other forms of entertainment

You may want to fill in the following budget and time limit guideline:

In the next _____ (number of days/weeks),
I plan to spend _____ hours and \$ _____
on gambling activities.

My daily/weekly limit is _____ hours and \$ _____.



Managing Your Play

Here is an example of how you can track your play.

Enter the date and amount of time you gambled in **column 1** and **2**. In **column 3** enter the amount of money you had at the start of the gambling session.

1	2	3
Date	Amount of Time	Money (\$) at Start
March 1	2 hours	\$40
March 8	1 hours	\$40
March 15	1 hours	\$60
Total	4 hours	

In **column 4** enter the amount of money you had when you finished. Use **column 5** or **6** to calculate how much you spent or won. At the bottom of the page total the results.

4	5	6
Money (\$) at Finish	Amount Spent (col 3 – col 4)	Amount Won (col 4 – col 3)
\$15	\$25	–
\$60	–	\$20
\$10	\$50	–
Total	\$75	\$20

Total money (\$) spent minus
total money (\$) won = net loss/win

\$75	–	\$20	=	\$55
Total money (\$) spent		Total money (\$) won		Net loss/win

Journal 1

1	2	3
Date	Amount of Time	Money (\$) at Start

Compare these totals with the time and money limits you set for yourself on page 3. How well did you do sticking to your time and money limit?

4	5	6
Money (\$) at Finish	Amount Spent (col 3 – col 4)	Amount Won (col 4 – col 3)

Total money (\$) spent minus
total money (\$) won = net loss/win

	-		=	
Total money (\$) spent		Total money (\$) won		Net loss/win

Journal 2

1	2	3
Date	Amount of Time	Money (\$) at Start

Compare these totals with the time and money limits you set for yourself on page 3. How well did you do sticking to your time and money limit?

4	5	6
Money (\$) at Finish	Amount Spent (col 3 – col 4)	Amount Won (col 4 – col 3)

Total money (\$) spent minus
total money (\$) won = net loss/win

	-		=	
Total money (\$) spent		Total money (\$) won		Net loss/win

PlayWise Information Centre

For information and educational tools on responsible gambling, the products offered at Red Shores, and links to community resources, or to speak with a **PlayWise Advisor**, visit the **PlayWise Information Centre** inside our Red Shores locations or call **(902) 620-4267**.

Helpful information is also available online at redshores.ca/play-responsibly or alc.ca/playwise.



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Know that help is available when you need it.

