How not to be addicted

to computer games

Am I addicted?

If you find yourself in five or more of this signs, you are probably addicted

- Thinking about gaming all or a lot of the time
- Feeling bad when you can't play
- Needing to spend more and more time playing to feel good
- Not being able to quit or even play less
- Not wanting to do other things that you used to like
- Having problems at work, school, or home because of your gaming
- Playing despite these problems
- Lying to people close to you about how much time you spend playing
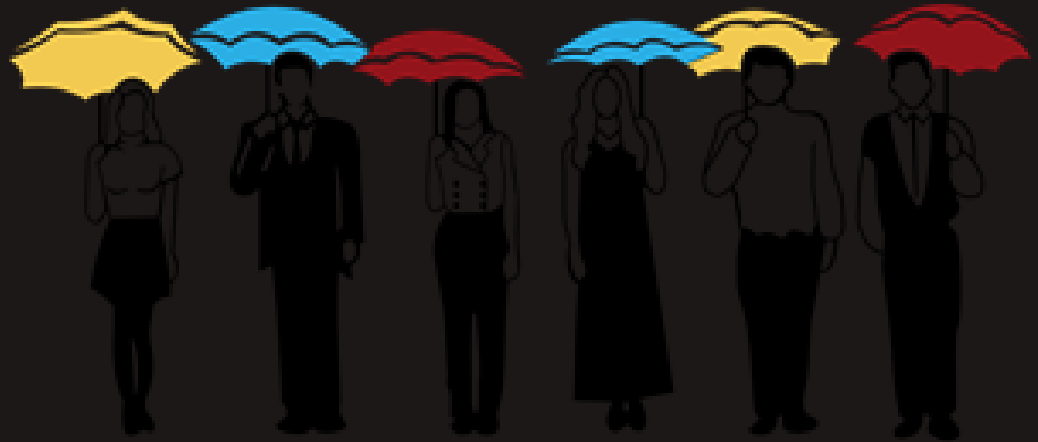- Using gaming to ease bad moods and feelings

Getting help

Your family

- Ask your relatives for help
- Spend time at home with them
- Come up with some activity you would enjoy doing with them

Your fiends

- Spend time with your friends
- Call out friends that you are playing games with
- Go through some adventure that reminds you game in real life
- Make memories

Find another hobby

- I'm sure you have some talent you don' know about
- Try to do some activity and you will find something that is for you

Prevention

Set time limits for play and stick to them

Keep phones and other gadgets out of the bedroom so you won't play into the night.

Do other activities every day, including exercise. This will lower the health risks of sitting and playing for long stretches of time

Thank you for your attention
and good luck!