

# PREVENT PROBLEMS

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The following is a list of best practices to keep gaming a fun casual hobby:

- Play for two hours or less and ideally not every day
- Complete homework and chores first
- Exercise at least a little bit every day, before gaming
- Single-player games instead of competitive multiplayer games
- Be aware of bingeing cycles (weekends, holidays)
- Maintain real life friends and face-to-face interactions
- Take breaks from technology (no tech at dinner)
- Stop using devices one hour before bedtime
- Maintain other hobbies and interests
- Spend time in nature on a regular basis
- No gaming first thing in the morning

For additional support purchase a copy of our Respawn guide to quit gaming