

## Five Ways to Have No Regrets if You Choose to Gamble

By Diana Degan

Unlike popcorn and a movie, spending time at the slots – or the track or even buying lottery tickets – is entertainment with risk. It's fun for many, but trouble for others and the effects can be devastating. In Ontario alone, problem gambling affects one in 10 families and at least 331,000 individuals experience a moderate to severe problem with gambling. The Responsible Gambling Council offers these tips for helping you to stay safe and steer clear of potential problems.

**1. Gambling is not a way to make money.**

Gambling is one thing you might do with your leisure time, but unlike going out for dinner or a movie, gambling comes with risks. Almost all people who have gambling problems expect they will be the big winner. But the truth is, most players lose.

**2. Only gamble with money you can afford to lose.**

Gambling dollars should be money you've put aside for entertainment. Never use money that's meant for necessities like rent, groceries or paying bills.

**3. Set limits for time and money.**

Decide in advance how much you can afford to spend on gambling and how long you're going to play. When you reach that limit, quit. The longer you play, the more likely you are to lose.

**4. Don't chase your losses.**

If you lose money, never try to get it back by gambling more and going over your limit. This usually leads to even bigger losses.

**5. Never borrow money to gamble.**

You will likely end up in debt, and if you are borrowing on credit cards or from a bank, you may risk ruining your credit rating or worse.

For more money management strategies, safer gambling tips, tips on recognizing signs of potential problem gambling and the new, free Cost2Play Calculator, go to [www.noregrets.ca](http://www.noregrets.ca).

