Axklo

Gaming and balance

Games are good for you, until they quietly eat everything else.

1. Games are great. If you're skipping **sleep, food or people** for them, cut back a bit.
2. Take breaks between sessions, and play with people who make it fun.
3. Toxic chat isn't "just a game". Mute, leave, report.
4. Spending money in a game? Check with whoever pays the bills first, and remember it's real money.
5. If a game makes you angry more than happy, take the hint and step away.
6. Play with the people in your life now and then. You'll learn what they love.
7. Agree on game time **together** instead of handing down a rule.
8. Check which in-game purchases and chat settings are switched on.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help