



Arizona Lottery
National Problem Gambling Awareness Week
Sunday, March 6 – Saturday, March 12, 2011

Top 7 Tips:

1. **Balance gambling with other activities.** Enjoy other activities so gambling doesn't take over your life.
2. **Always gamble with money that you can afford to lose.** Gamble with money that you personally set aside. Never use money that is for important things, like rent or tuition.
3. **Set a money limit.** Decide beforehand how much you can afford to lose. When you have lost all the money you've set aside - quit.
4. **Never chase losses.** Most gamblers think after hours of losses they are "due" to win. This isn't true. Your luck doesn't always change and trying to win back what you lost usually leads to more losing.
5. **Gamble for entertainment only.** If gambling is no longer enjoyable, ask yourself why you are still playing.
6. **Avoid drinking alcohol while gambling.** Drinking can up your chances of putting more money down without logically thinking it through.
7. **Don't gamble while being upset or depressed.** It is difficult to make good decisions about gambling when feeling down so avoid gambling when upset.

