



Video Gaming Resources

Video games provide an opportunity for players to experience new and exciting experiences, and for most players across the lifespan of video gaming it is entertaining and fun. Video gaming may become a problem when an individual becomes preoccupied with playing video games at the expense of work, school, friends, family, and wellness.

Video Gaming Problem Warning Signs

Here are a few of the key warning signs to watch for:

- Poor performance at school, work, or household responsibilities because of a preoccupation with video gaming
- The need to spend more time playing video games or to play more intensely to get the same level of enjoyment
- Inability to set limits on how much time is spent video gaming
- Signs of irritability, anxiety, or anger when forced to stop video gaming, even for brief periods of time
- Using video games to escape stressful situations at work, school, or conflicts at home
- Neglect of other hobbies or friendships
- A decline in personal hygiene or grooming
- Eye strain or migraines from frequent screen use
- Sleep deprivation or trouble falling asleep
- Symptoms of physical or psychological withdrawal, such as loss of appetite, agitation, or emotional outbursts if the game is taken away

Questions to Consider

It is important to remember that not everyone who plays video games has a problem. Here are a few questions to ask yourself to help determine if you should consider cutting back or seeking help:

- Does video gaming get in the way of other important things in your life, like your relationships, your job, or going to school?
- Do you feel like you've crossed the line between playing for enjoyment and having to play?
- Are you using video gaming to avoid dealing with stressors?

Preventing a Video Gaming Problem

Here are a few tips to keep the amount of time spent video gaming safe and under control:

- Set time limits for play and stick to them.
- Keep phones and other electronic devices out of the bedroom to limit playing video games into the night.
- Embrace finding balance. Do other activities every day, including exercise. This will lower the health risks of sitting and playing for long stretches of time and impact emotional well-being as well

Resources:

- [GameQuitters](#) an international educational resource and support forum
- [The Massachusetts Council on Gaming and Health, "Schools Out, Controllers Out"](#)