



TIPS FOR AVOIDING BET REGRET.

Think you might have had a moment of Bet Regret this week?
Well there are some useful tips to help keep that sinking feeling at bay.

SET LIMITS. STAY IN CONTROL.

Set a money limit in advance – Before you start betting why not set yourself a cash cap on how much you're willing to bet, to help keep Bet Regret in check.

Decide when you're going to bet – Set limits on the times you'll place a bet.

Only gamble with money you can afford to lose – Bet within your weekly entertainment budget, not with your phone bill or rent budget.

You can also set limits through your online gambling accounts and the tools they provide.

Leave the bank card at home – Don't let yourself be tempted. If you leave the bank card at home you can only bet with the cash you have on you. It's a simple way to set a limit.

KEEP TRACK.

Keep track of spending – Why not take a note of your spending? Write it down, make a spreadsheet or even check your bank statements.

You can also keep track through your online gambling accounts and the tools they provide.

TAKE TIME OUT.

Balance gambling with other activities – Take some time away from betting by planning other activities throughout your day.

Time Out – Or perhaps you could set an alarm on your phone and when time's up, stop, and avoid Bet Regret.

You can also set yourself a cool off period through your online gambling account and the tools they provide.

BETS TO AVOID.

Never chase your losses – Chasing your losses is never a good idea. When you start chasing losses you start making those risky and ill-considered bets that lead to Bet Regret. Avoid Bet Regret and keep to your limits.

Don't gamble when you're depressed/upset – When you're depressed or upset it's a lot harder to think clearly, so you're more likely to make a bet you haven't thought through. In these moments take a break from betting and keep that Bet Regret in check.

Don't think of gambling as a way to make money – Only betting companies make money from betting in the end. Over time you'll lose more money than you win.

**THESE ARE THE SORTS OF SITUATIONS
THAT CAN LEAD TO BET REGRET.
KEEP A LOOK OUT AND TRY TO
AVOID THEM.**

Betting to chase your losses

Betting when you're bored

Betting late at night

Betting when you're distracted

Betting when you know you should
have been doing something else

Betting when you're drunk



**Are some of these moments
feeling just a bit too familiar?
You may have experienced a
feeling of Bet Regret.**

**IF YOU ARE CONCERNED ABOUT
YOUR GAMBLING AND WOULD LIKE
FREE, CONFIDENTIAL HELP AND
SUPPORT, PLEASE CONTACT:**

For advice and free treatment, visit

www.begambleaware.org

Or call

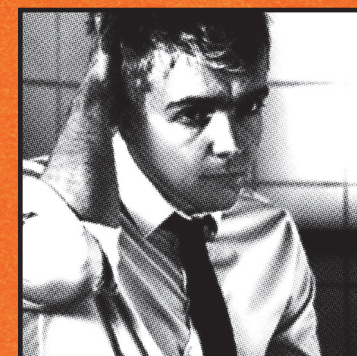
The National Gambling Helpline

0808 80 20 133

8am to Midnight
7 days a week



**CHASING LOSSES,
BETTING WHILST
BORED OR DRUNK?**



**HAVE YOU EVER
HAD BET REGRET?**

THINK TWICE OR
YOU'LL **BET REGRET** IT

BeGambleAware.org[®]