Consistently getting at least seven hours of sleep every night is a fundamental part of a healthy lifestyle. It promotes personal strength and resilience and will benefit not only you, but those you care about as well.

This difference in perceptions can make it difficult for gamers to feel fully accepted. Gamers have the following recommendations for maintaining positive gaming habits and practices:

1. Problem-solving skills
2. Sense of community
3. Active engagement in games or communities
4. Emotional support
5. Physical activity

Pay attention to red flags is struggling so you can support them in appropriate ways without inadvertently minimizing their experience or causing them harm. 

For more information, visit activeminds.org/selfcare

In addition to these great tips from gamers, for healthy balance and mental wellness, Active Minds recommends thinking through what self-care means to you and incorporating positive self-care habits into your day. Caring for yourself is an important part of maintaining your emotional and physical health.

Dealing with depression and anxiety is critical when responding to someone who you think may be struggling. This is where self-care strategies can be a powerful tool

For info and ideas, visit activeminds.org/selfcare

Depression and anxiety affect a significant portion of the population. While depression is often associated with low mood and excessive sadness, in many cases it's more difficult to recognize in oneself.

Depression doesn't necessarily fade with time and is not necessarily linked to a painful event or circumstance. If you have noticed a change in your mood or behaviors, you may want to consider seeking support and professional help.

The idea that gaming can be healthy defies common understandings about gaming as a harmful activity. For most of us who play video games, gaming is a beneficial activity that supports relationships, enjoyment, and almost any facet of one's identity.

However, anxiety is a sustained mental illness. It's important to note that sadness, grief, and stress are natural responses to upsetting or painful events. Similarly, stress can come and go and is usually short-lived. It's important that you and your loved ones know that it is okay to ask for help when you need it.

Many people find that a break from gaming is necessary to stay healthy. When low or stressed, some coping strategies include:

1. Play a different game.
2. Step away from the game to spend time with friends, family, and loved ones.
3. Lean on a supportive team, both online and IRL.
4. Take a few deep breaths with your teammate.
5. Remind yourself that it's a game, even if it sometimes feels real to you.
6. Get outside and take a walk.

When asked about tough times, more than 24% of gamers report having felt supported always.

When you're feeling low or stressed, it's important to take care of yourself. This includes prioritizing physical health, such as getting adequate sleep, eating well, and exercising regularly. It's also important to take time for yourself and do things that you enjoy. For example, you could treat yourself to a spa day or go on a hike with a friend.

Nearly 20% of gamers report having felt supported at times. These situations often involve being encouraged to talk to someone about their feelings, whether won or lost, after attending a convention, or any other conclusion.

If you sense that you're playing games to just going through the motions, or are unusually disconnected, distracted, or less engaged with the game or team, this could be a sign of a low. This might feel different from a regular gaming low, which is more about the game and your performance in it.

For STAYING HEALTHY

Pay attention to your body's needs: sleep, eat, drink some water, exercise, social connection, etc.

Load balancing and prioritization between games and other elements of your life is critical. You and your teammates can still ping you if needed. You may find that setting schedules and using tools to keep to the appropriate time limits can help you stay on track.

When playing games, are you using them to distract yourself from responsibilities? To escape? Pay attention to whether it brings purpose, value, and/or joy.

We're helping ourselves and showing those we care about that it's important they focus on their health.

Back from lows and bouncing about wellness

Navigating gaming lows

A LOW OR STRESS?

Talk through it. Sometimes it's just some one-on-one.

Back when you're feeling better, and try again.

Looking forward to seeing you back on the other side.

If you're playing games to distract yourself from responsibilities? To escape? Pay attention to whether it brings purpose, value, and/or joy.

 biggest stressors are work, school, and relationships, etc.

Pessimistic or negative towards others.

Depression is a mental illness that does not necessarily fade with time.

Looking forward to seeing you back on the other side.

The difference between a "low" and a "high," while challenging, is often a natural response to upsetting or painful events.

How to Deal with a Gaming Low

If you're playing games to distract yourself from responsibilities? To escape? Pay attention to whether it brings purpose, value, and/or joy.

It's important that you and your loved ones know that it is okay to ask for help when you need it.

More emotional than usual (i.e. getting abnormally angry or sad for a little while).

More than a third of gamers have experienced an emotional "low," specifically. gamer's most want non-gamers to know that gaming is mostly beneficial to society.

For info and ideas, visit activeminds.org/selfcare

18% of gamers believe that gaming is mostly beneficial to society.

BENEFITS OF HEALTHY GAMING

For more information, visit activeminds.org/selfcare

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