

HEALTHY GAMING

GETTING PROACTIVE ABOUT WELLNESS AND BOUNCING BACK FROM LOWS

WHAT IS HEALTHY GAMING?

For most of us who play video games, gaming is a beneficial activity that supports our wellness, social connection, and creativity. **Gaming increases:**

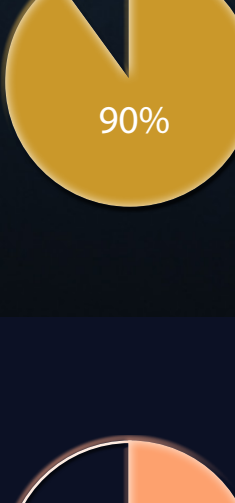
- Sense of community
- Self-confidence
- Problem-solving skills

Healthy gaming is all about maintaining balance and priorities between games and other elements of our lives. When we play in the same way we might read a book or watch a movie, gaming is a healthy way to spend time and decompress.



The idea that gaming can be healthy defies common understandings about gaming—or at least gamers' perceptions of what non-gamers may expect.

A recent Active Minds survey of gamers¹ showed that:



87% of gamers believe that gaming is mostly beneficial to society.



18% believe that non-gamers would feel the same way.

This difference in perceptions can make it difficult for gamers to feel fully accepted.

BENEFITS OF HEALTHY GAMING

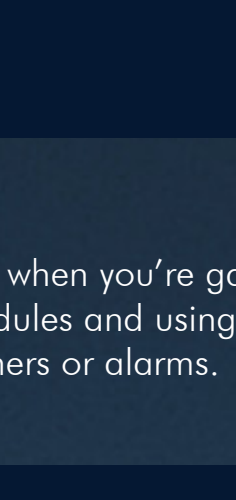
Gamers most want non-gamers to know that healthy gaming provides the following benefits:



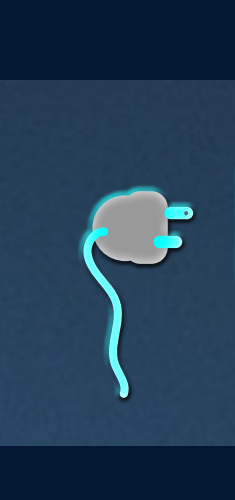
STRONG COMMUNITIES: Nearly **half** of gamers say that they have strong and positive communities due to gaming, both online and IRL, that promote connectedness, a positive sense of self, and problem-solving.



FRIENDSHIPS: Nearly **90%** report having made friends through gaming.

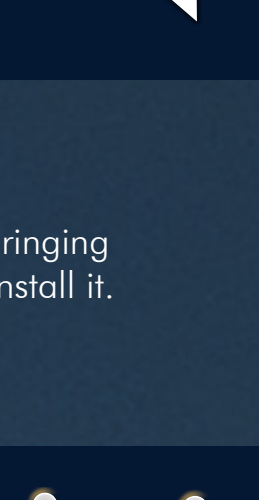


A third of gamers (**31%**) have made more than 10 new friends through gaming.



CONNECTION: When asked about tough times, more than half (**51%**) of gamers report having felt supported always or often by the gaming community

24% report having felt supported at times. These numbers indicate that gamers are connected to one another in substantive ways.



ADVICE FROM GAMERS FOR STAYING HEALTHY

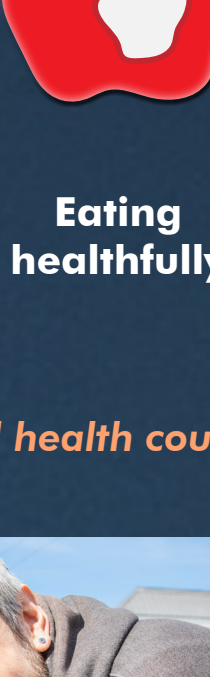


Gamers have the following recommendations for maintaining positive gaming habits and practices:



Consider why you're playing a game. Is it to relax? To explore a new challenge? To socialize? To avoid responsibilities? To escape? Pay attention to whether it brings purpose, value, and/or joy.

If you sense that you're playing games to procrastinate, consider examining your priorities to ensure that you're maintaining focus on what matters most to you.



If losing track of time when you're gaming is a challenge, consider setting schedules and using tools to keep to the schedules such as timers or alarms.

If you find yourself tilting, "/>