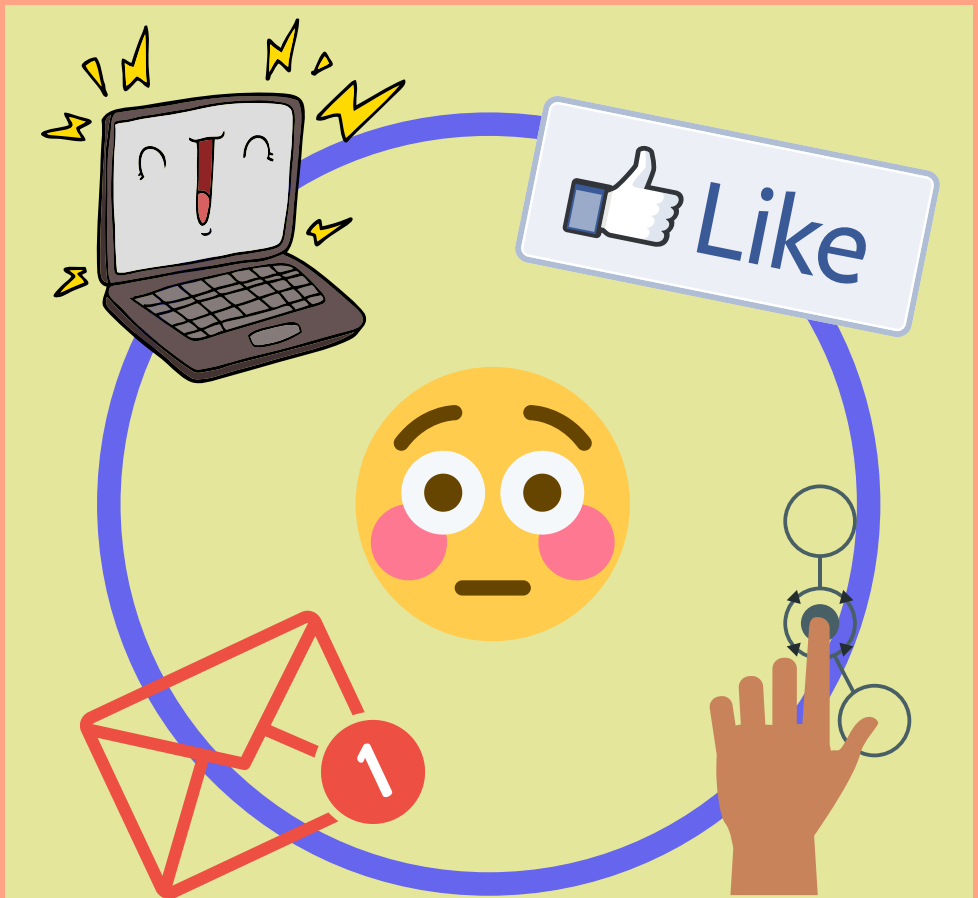


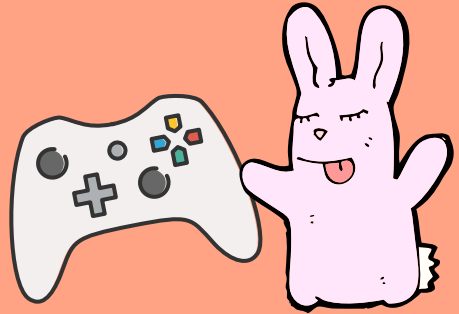
DIGITAL HEALTH



GAMING

While gaming can be a fun way to de-stress and connect with your friends, it can negatively affect your mental health if it results in:

- Avoiding problems in real-life
- Escaping from negative thoughts and emotions
- Losing track of time
 - lack of sleep
 - missing meals
- Lack of exercise
- Losing interest in real-world achievements



AM I ADDICTED?

Some signs of gaming addiction include:

- Feeling **irritable, anxious or sad** when trying to stop gaming
- Constantly **thinking about or anticipating gaming**
- Spending **increasing amounts of time** gaming
- **Losing interest** in other hobbies
- Gaming to **relieve or escape** negative emotions

Do get help from a mental health professional if you think you might be struggling with gaming addiction!

MORE INFORMATION FOR PARENTS

Social media use and gaming in moderate amounts can be healthy for your child. To encourage positive digital habits, you can:

- Negotiate **realistic durations** of social media use/gaming with your child
- **Turn off** notifications
- Set a **good example** by avoiding use of mobile devices during family meals
- **Encourage** your child to engage in hobbies and activities offline



IPMDA

Integrated Programme for Management of Depression in Adolescents

DEPARTMENT OF PSYCHOLOGICAL MEDICINE

University Medicine Cluster
National University Hospital

5 LOWER KENT RIDGE ROAD, SINGAPORE 119074

TEL (65) 6779 5555

www.nuh.com.sg

Company Registration Number: 198500843R

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