

# **Gambling is on the rise as a whole in the UK and in Scotland – here's some tips to ensure that you gamble responsibly**

Time and time again we're fed the same advertisements consisting of a simple message: please gamble responsibly. But what does that mean in practice, and how does one go about doing so? In this text we're going to go through a couple of pointers that are healthy to have in the back of your head as you put a couple of pounds down on red or on a big football game.

Regardless of whether you like to gamble through one of the many physical bookies spread across Edinburgh or you prefer to [Visit the Punters Page](#) to find an online bookmaker or casino, these rules still apply. Gambling can be a fantastic source of entertainment and can be very enjoyable, but it's very important that you go about it in a calculated manner.

## **Always see gambling as a form of entertainment**

This is the most important aspect of gambling responsibly. By always viewing gambling as a form of entertainment and not as a way of making a quick buck you can ensure that you don't fall into unhealthy habits. A good way to ensure that this happens is to consider money that you deposit into a website or at a bookie as lost the moment they leave your account. Doing this ensures that you're not banking on getting some of the money back, which also keeps you away from chasing lost

money.

Instead of looking at it as a way of making money, it can (and should) be viewed similarly to visiting a concert or the cinema. You pay a bit of money for a couple of hours of entertainment. Then if you happen to win some money on your bet it's just an added bonus.

## **Make a budget**

If you gamble somewhat regularly it might be a good idea to set up a budget where you have calculated how much you're willing to spend on gambling each month. This way you're not enticed to gamble for more than you know that you can comfortably afford.

## **Don't chase your losses**

This also ties into some of the things we have mentioned previously, but it's extremely important that you don't try to chase your losses. This is the most effective way of turning a slight loss into a big loss and is, unfortunately, a widespread occurrence. If you're betting without a clear head, you're bound to run into some sort of trouble along the way.

## **A common pitfall**

One very common thing that happens time and time again is that gamblers get stuck in a dangerous spiral of upping their bets every time they play. This is to continue chasing the rush that comes with winning big. This can quickly lead to you overstepping your budget and playing for more than you had planned for initially.

# Don't bet on your favourite team

This might not be something that all players immediately consider, but it can be a wise thing to consider. By betting on the team that you follow, it's very easy for your enjoyment of the game to turn into anticipation for either winning or losing your bet. Instead, it can be wise to use betting as a way of adding some extra excitement and spice to a big game you're not already emotionally invested in. Having your team lose in stoppage time is already frustrating enough without having money on the line.



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