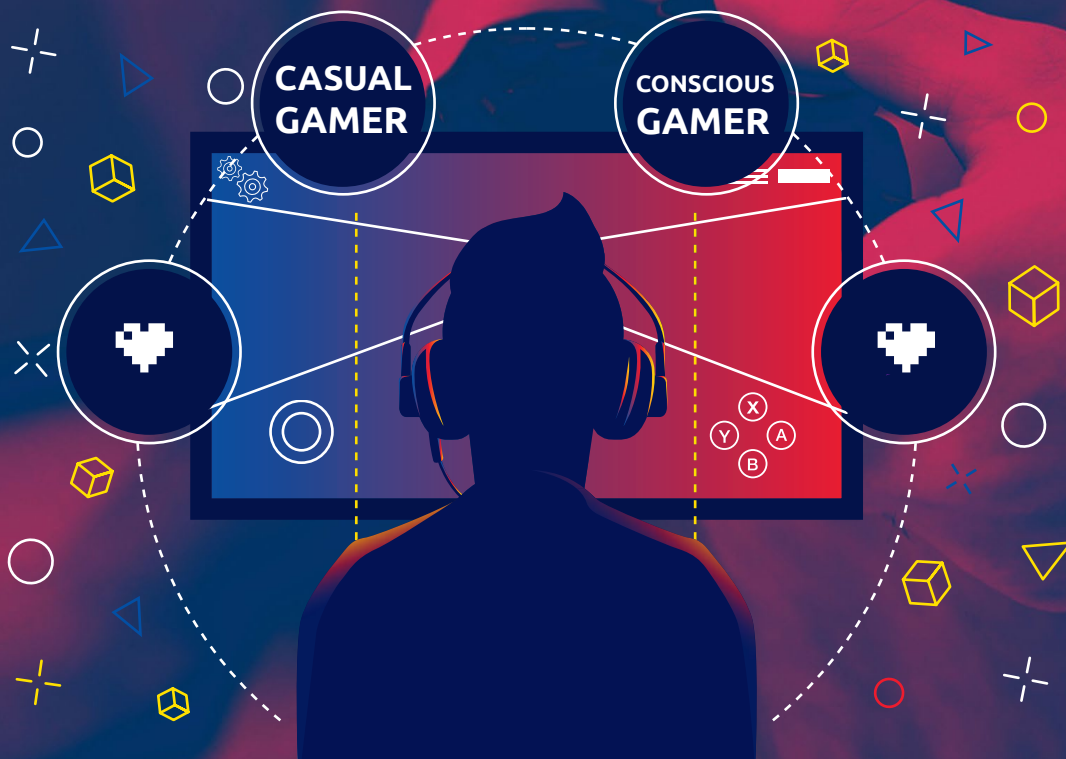


WHAT KIND OF GAMER ARE YOU?

Are you a HEALTHY GAMER?

Healthy Gamers can fall into two categories: **Casual Gamers** and **Conscious Gamers**



CASUAL GAMER

Also known as just “people that play video games”. 85% of people who game can be classed as “casual gamers”.

- ▶ You game less than 10h a week.
- ▶ The time you spend playing doesn't detract from your day to day life.
- ▶ You mainly game just to fill your downtime, when there isn't anything else to do and it's often a shared experience with friends and family.
- ▶ Gaming complements your life, it boosts your basic human needs and you are able to achieve much of the cognitive benefits of gaming without seeing any negative impact.

CONSCIOUS GAMER

About 15% of healthy gamers fall into this category.

You game more than 10h a week.



You probably game more than the "healthy" amount, but this balances out because of the positive benefits they get through gaming.

The conscious gamer capitalises on their gaming to develop a professional career.



You maintain healthy habits to counteract the time spent gaming and to improve gaming performance.

You have a healthy hierarchy of priorities and life responsibilities. You are able to be responsible for yourself and achieve your goals.



PROBLEMATIC GAMER

For problematic gamers, gaming is the priority. This comes with costs across all other areas of life.

Your life will have narrowed; gaming will be your main preoccupation and focus.

You tend not to take responsibility for, or achieve, life goals & obligations.

Gaming has stopped being fun anymore. You are often irritable, impulsive and have low self-esteem.

You will notice a cost to your mental health.

Gaming may seem to provide an escape from your problems, but this is a temporary escape only: the problems get worse and, in a vicious cycle, your gaming escalates.

Your ability to function well is impaired by gaming.

You are likely to be out of sync with normal day-night rhythms: You will be gaming all night and sleeping all day.

You will notice a cost to your physical health: poor diet and lethargy.

Cost to life opportunities: gaming will be getting in the way of achieving normal developmental milestones (passing exams; getting a degree; finding a partner; leaving home; becoming independent; getting a job).

