

- Video games

Gaming and your well-being

The Manila Times · 28 Feb 2024 · C4

THERE is no denying that gaming is an enjoyable form of relaxation for many, especially for the more senior members of society. Besides the excitement of winning, gamers say the experience is a stressbuster, which helps to keep them strong, alert and a chirpy disposition.

DigiPlus Interactive Corp. (DigiPlus) — the company behind renowned digital gaming platforms BingoPlus, ArenaPlus, and PeryaGame — underscores that such an outcome can only happen with the practice of “responsible gaming,” which is the cornerstone of all its operations.

According to the Association of Certified Gaming Compliance Specialists (ACGCS), responsible gaming entails “engaging in gambling activities in a manner that minimizes potential negative impacts on individuals and society.”

Underscoring this principle, Andy Tsui, President of DigiPlus, assures the group’s adherence to the regulations set by Pacgor as they actively encourage customers to exercise self-restraint for an enriching gaming experience.

The executive furthered that while his brand offers an array of exhilarating recreational activities for adults, it gives more importance to fostering a culture of well-being among its patrons.

And so, to promote a healthy relationship with gaming and protect the mental and overall well-being of players, DigiPlus has thrown its full support behind the Responsible Gaming Council (RGC) in spreading the following guidelines for enthusiasts follow:

Set limits:

Prioritize setting boundaries on both budget and time allocation for gaming sessions. Playing within financial means and adhering to predetermined timeframes prevents excessive indulgence and maintains balance in daily life.

Play with a clear mind:

Monitor mental and physical wellbeing before engaging in gaming activities. Avoid gambling under emotional distress or intoxication, as impaired judgment may lead to adverse outcomes.

Take frequent breaks:

Incorporate breaks into gaming sessions to engage in physical activities and refresh the mind. Stepping away from screens promotes overall wellness and prevents burnout.

Avoid chasing losses:

Acknowledge the unpredictable nature of gaming outcomes and refrain from pursuing losses.

Embrace a mindset of detachment from sunk costs, prioritizing adherence to budgetary constraints.

Tsui expresses optimism that customers who embrace these principles will enjoy a fulfilling gaming experience.