

RESPONSIBLE GAMING - BINGOEMCASA.COM

In moderation and with a pre-established budget in mind, sports betting can be a fun and exciting way to interact with sporting events. To this end, it is essential that all players familiarize themselves with the importance of responsible gaming and how to become responsible players themselves.

Read on for safe tips and guidance, as well as a breakdown of how bingoemcasa.com supports and promotes safe gambling through all of our products and services.

What does Responsible Gaming mean?

Responsible Gaming means betting on sports (or any other event) in a safe, fun, responsible way, without negatively impacting your personal life or those of others around you. In other words, Responsible Gaming is how you should do it so that your betting doesn't become an addiction.

This is because betting can start as a casual practice and, without control, can quickly become problematic. If you don't have an action plan, with pre-established rules and strategies, you could develop a gambling behavioral disorder that will negatively affect your life. This can lead to financial problems, daily routine, personal relationships and even mental health.

Therefore, your ultimate goal should always be to ensure that your sports betting habits do not impact your personal life, professional life or simply the opportunities you have in life; what you need to establish from the beginning.

What does it mean to be a Responsible Gambler?

Are there specific "limits" in place that dictate whether a person is a "responsible" gambler? Are there different "levels" of "responsibility" when gambling that a person can fall into? Unfortunately not – especially considering how one person may be able to afford to lose a much higher amount than another. In other words, it's not just how much you spend (or don't spend) that makes you a Responsible Gambler – it's how you approach gambling in general.

How can you gamble responsibly?

Here are some tips to always keep in mind:

1. Only play when you are in a good mood, looking for some fun and conscious. Avoid turning to your favorite betting house when you are feeling sad, angry, lonely, under the influence of alcohol or intending to win money;
2. Base the success of a betting session on how much fun you had, not how much money you walked away with;

3. Surround yourself with other responsible gamers. It's amazing how "contagious" unhealthy gambling habits and attitudes can become when you're around them for prolonged periods;
4. Manage your expectations. It is wise to enter a new session with the expectation of losing to avoid disappointment or any temptation to continue playing despite exceeding your previously set budget; It is
5. Always work to find and maintain balance in your life. If other aspects of your lifestyle are well balanced - for example, you're happy at work, you're nurturing healthy relationships, and you're making time for your self-development - you're less likely to feel the need to develop gaming habits that can have unfortunate consequences.

Be aware of gambling myths that may delude you into thinking it is safe to continue gambling despite exceeding your limits.

Some examples:

MYTH: The conviction that your luck will change if you continue gambling after a series of losses;

MYTH: That playing multiple games at the same time increases your chances of winning big; It is

MYTH: That knowing a game will increase your chances of winning.

A Responsible Player:

1. Play for fun purposes only;
2. Does not rely on gambling as a source of income;
3. Take regular breaks between gaming sessions;
4. Establish a specific budget on a daily, weekly or monthly basis - and stick to it; It is
5. Only play with money you can afford to lose and treat any loss of money as the cost of fun.

RESPONSIBLE GAMING: THE 10 PRINCIPLES

To help you become more responsible with your betting, we have outlined our 10 principles of Responsible Gaming.

They have all been brought together from research and years of experience.

Follow these guidelines, and they will help protect you from losing control over your gaming habits. The 10 principles are as follows:

1. Don't chase your losses:

A big problem with sports betting is that people tend to get excited while placing bets and when they lose, they tend to try to win that money back. A loss of 10 can lead to a subsequent bet of 20 to get that money back and so on, being the beginning of a vicious cycle.

“Never chase your losses” - This mantra applies to sports betting as well as to investments in the stock market. Accept that there will be days when you may not earn much and that is absolutely okay. You need to keep your game plan in mind and not deviate from the strategies you have prepared.

Always be aware that losing is also part of the game, and that's the beauty of sports betting - it depends on teams and athletes:

Like many things in life, there will be good days and bad days too. Just because your team lost to their rival today doesn't mean they will lose throughout the championship. Games change, athletes' performance varies.

So, always maintain a calm, balanced mind throughout your journey and stick to your strategy.

2. Establish a fixed budget:

A big problem with sports betting is that people tend to get excited while placing bets and when they lose, they tend to try to win that money back. This should not only be a part of your Responsible Gaming plan, but also part of managing all of your personal finances.

It is imperative that you allocate a fixed budget for fun - it can be daily, weekly or monthly. After all, you have a budget for your home (rent, electricity, gas, cell phone, etc.) - why not have one for your bets too? Once you exceed that budget limit, don't try to overcome it by betting a little more. It may be tempting, but it will be a deviation from your plan.

Always ensure that your budget is actually available, that is, even if you lose it all, it will not impact your financial commitments.

After all, you have a budget for your house, rents, and, I don't know – why not have one for your bets too?

If you are interested in betting on multiple sports, this becomes even more important. Boxing, tennis, football - make sure you divide your funds into each of them and stick to that.

If you intend to have fun with sports betting for a long period of time, you won't go wrong by allocating a fixed budget and then making decisions from there. As you become familiar with your habits, results and the type of bets you make, you will understand what the optimal budget is and better establish your limits. This will take some time and planning, of course, but it will result in a safe and healthy long-term entertainment strategy.

3. Track your bets:

The importance of this cannot be underestimated, especially from a sports betting perspective, as this is how you can get to know the game better and prevent excessive losses. Your chances in the long run will be determined by the type of bets you place and the best way to make this happen is to identify what works for you. That's why you should get into the habit of tracking your bets from day one. Meticulously write down the games you bet on, the type of market, the value, and the outcome of the bet (you can also make a tracking spreadsheet). After a few weeks you will have enough data to see what worked and what didn't and based on this you can then formulate your betting strategies.

For example, if your tennis bets are offering you high odds of return, then you can assume that you have a low probability of winning (as the more unlikely the win, the higher the payout for the bet). However, for you to reach this conclusion, you need to have information - as we said before, it's all about the numbers.

4. Make data-driven decisions:

In other words: Research! Search! Search!

Let's take the example of a football bet on a match between Liverpool and Real Madrid. You know both teams are strong and it will be an exciting match, but what about the betting? This is where research comes into play - you have your instincts telling you that the match could end in a draw, or that both teams will score. Whatever the case, checking the statistics will not harm your analysis. If nothing happens, this will improve your assessment of the potential outcomes of the match. Every move you make has to be driven by logic.

Look at the teams' history, athletes' performance, goal scoring, past matches against each other, their performance in the tournament and other similar factors and come to your decision. Similarly, in tennis betting, look at the two competitors' previous matches and their most recent performance in the tournament to make a safe bet. Remember that statistics play an important role in choosing the right sports bets - it's all about the numbers! For example, if Corinthians has an excellent record playing at home against other teams (20 wins, 6 losses), it might be a safe move to bet on them again in similar conditions! You can also expand this knowledge by following experts, previews, and betting tips like those found on specialized websites and even on bingoemcasa.com.

See the consensus and place your bets on it. Of course, this won't guarantee a 100% success rate, but it will definitely significantly increase your chances, much more than playing on instinct or luck.

5. Be patient and disciplined:

It will be difficult at first, but once you get into the habit of playing responsibly, you will have fun in this exciting world with confidence and safety! And while you are placing bets, always keep your emotions away. If you are having a bad day or are in a bad mood, it may not be a good idea to bet on that day. Your judgment may be clouded by your emotion, and this will only make it more difficult to make the right choices.

6. Bet on what you know:

The sixth fundamental principle of sports betting is to bet on what you know. This includes the leagues you're familiar with, the teams you follow, and the sports you love. The outcome of sports betting depends on the team/athlete. And the more you know about the team and the sport, the better your conditions for betting. Likewise, you must also understand how odds are set by bookmakers and what they really mean.

You should also make a point of basing your decision with some research and hard data - we'll talk more about this later. By doing this, you will be safer about the bets you place and your chances of making mistakes will be lower. The same goes for different betting scenarios (from simple absolute winners to complex events such as: both teams scoring, the total number of goals, the number of

games in tennis, etc.), you should dedicate yourself to those games that you have the best knowledge of. and more information - otherwise you may lose your bet to a pure technicality that you previously failed to understand.

7. Trust someone and share your journey:

Always remember: betting is about having fun, playing and interacting with friends and loved ones, sharing the joys and disappointments together – always with financial responsibility (follow your plan, respect your budget). One of the best ways to maintain your online sports betting habit is by trusting someone close to you to share their gaming experiences.

When you have a bad betting day, talk to your friends, a fellow gambler, or family about it rather than feeling compelled to chase your losses. This way, you won't be alone, but you will have the support of that other person to follow your plan and maintain your game responsibly. Keep them informed about your bets, your overall experience, and how it's working out for you. You don't have to give them all the details, but as long as they know what's going on with you, they'll help you keep your habit under control. Still, if you ever feel like your habit is getting out of hand, you'll have someone to talk to.

8. Take periodic breaks from betting:

In the same way that we need a break from work for a short period, the same goes for playing games. Set for yourself the period when you should take a break from the game. This will be a good opportunity to return to reality, and take a moment to think about whether the game is interfering with your other interests, tasks and pleasures.

9. Only bet with trusted brands:

Only play with brands that promote responsible, healthy gaming and provide you with the tools and support you need to adopt this approach. An important point about playing with trusted brands is that they have several measures already in place to let you control your game. They have various features such as timeouts, self-exclusions, reality checks, deposit limits, among others, to keep your betting habits under control. Trusted brands also have customer support teams to help them, offering tools such as blocking the account for a fixed period or closing it permanently.

Additionally, an aid to identifying a trustworthy brand to bet on is to examine which organizations the brand you are betting on is associated with. Large, established organizations will usually refuse to partner/sponsorship with betting companies - unless they are trustworthy and reputable companies. It is also recommended to regularly check whether the operating license of the brand you are betting on is valid - information that good brands make easily accessible to their players.

10. When necessary, seek professional help:

If you identify that you have a gambling problem, we recommend that you approach a professional psychologist/therapist to address the issue, in addition to speaking to your friends and family about

your situation. Here are two webpages that may be helpful in learning more about problem gambling and how to deal with them:

Gambling Therapy is among the most popular portals for those in need of guidance (<https://www.gamblingtherapy.org/pt-br/>)

Gamblers Anonymous appears to be a very straightforward page at first glance, but don't be fooled by that. What they do have is an extensive database of meetings and support groups.

(<http://www.gamblersanonymous.org/ga/>)

SIGNS OF PROBLEMATIC BETTING BEHAVIOR

Fun and casual sports betting can become a problem when you are not aware of your actions. So, it is important that you are self-aware of your betting habits. As a rule of thumb, you have a gambling addiction if you feel like gambling constantly despite knowing its serious consequences. There is no self-control, no strategy – just an addiction you need to feed. To help you in this effort, we have prepared this short list of signs of problematic gambling behavior, which also serves as a kind of self-assessment for you to see how you are doing:

Lying about your gambling habits to those around you;

Chase your losses;

Losing track of time and playing for longer than you intended;

Feeling restless when you are not playing;

Feelings of guilt about your gambling habits and their consequences;

Borrow/Steal money or sell your belongings to gamble;

Always bet more than you need and increase the bet size to get that adrenaline rush;

Schedule your life around the game;

Obsession with gambling;

Bet until you run out of money;

Neglecting your family, friends and work due to gambling;

Betting recklessly without a plan;

Deteriorating physical and mental health due to gambling;

Use gaming as a way to lift your mood when you're feeling down;

Inability to stop playing or stop thinking about gambling;

Massive debt incurred due to gambling;

Gambling with money intended for other crucial expenses;

If you find yourself showing signs of problematic gambling behavior, we recommend that you take urgent action. You may have a gambling problem, but with help, you can kick the habit and get back to living your life normally. There are many ways to do this.

How to protect yourself from sports betting addiction:

DELETION REQUEST

As you may know, sometimes you need to take a break from your relationship, not because it's getting suffocating, but because it's very necessary. You know you will benefit from this break. The same goes for sports betting.

With the Deletion Request, you can choose to close your account for a fixed period of time, chosen by you. You will have to contact customer support for this, but rest assured this is a great measure to keep your gaming under control.

To use this tool, contact us via email info@bingoemcasa.com