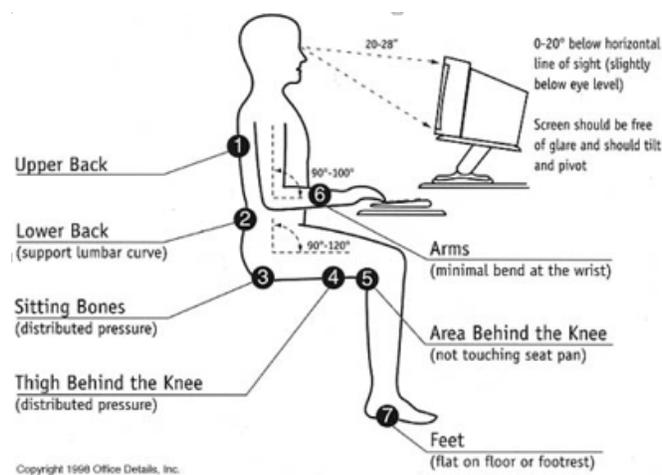


Welcome to Strategies for Healthy Digital Gaming, where we explore key practices to ensure a balanced and healthy gaming environment in your home.

Ergonomics

One crucial aspect to consider is ergonomics. Proper ergonomics can significantly reduce the risk of joint pain and discomfort during extended gaming sessions. Ensure your monitor is positioned at eye level, about one arm's length away, and invest in a desk that allows for comfortable keyboard and mouse access. Choosing the right chair with adequate lumbar and spine support is equally important. Maintaining a neutral wrist and arm position and keeping your legs at 90 degrees with feet flat on the floor will further enhance your gaming setup's ergonomic efficiency.



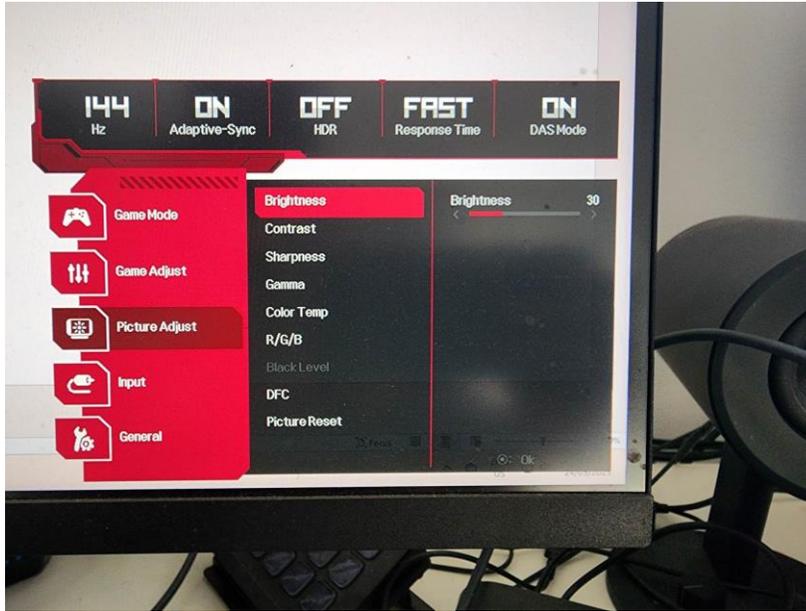
Correct Ergonomics Diagram

Stretching

In addition to ergonomics, incorporating regular stretching into your gaming routine is essential. Every 30 minutes, take breaks to stretch your arms, wrists, hands, fingers, and even go for a short walk or engage in household chores. This practice not only helps prevent physical strain but also refreshes your mind. Consider setting in-game challenges that involve physical activities like stretches or pushups to ensure you stay active during gaming sessions.

Schedules & Blue Light

Setting schedules is another vital strategy. While gaming can be immersive, sticking to a predetermined schedule allows your body and mind to wind down after playing. This promotes better sleep and overall well-being. Moreover, optimizing your monitor settings, including brightness and blue light filters, can reduce eye strain, headaches, and sleep disturbances.



Monitor Settings – Brightness & R/G/B

Games –

Selecting the right game for your mood and being aware of how games affect your emotions is essential. Seek advice from friends and communities, and consult health professionals if needed, to ensure a positive gaming experience that aligns with your mental well-being. Different game genres offer various cognitive and social benefits, so choosing the right game for your needs is essential.

Games can have many positive benefits and some of the benefits of certain genres of games include;

RTS – Critical Thinking, Decision Making, Planning ahead, Teamwork

FPS – Reaction times, Attention Skills, hand-eye co-ordination, depth perception, teamwork

MMORPG – Exploration, Creativity, Imagination, Teamwork, (Escapism when utilised with Health practices)

By implementing these strategies, you can create a healthy digital gaming environment at home that promotes both physical and mental well-being, allowing you to enjoy gaming to the fullest while maintaining a balanced and healthy lifestyle.

Further information on Healthy Digital Gaming for Families can be found on the Veteran Gaming Australia Youtube channel at: <https://youtu.be/OtEglquvyUA?si=K3woWKvy1C5FuZio>

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