

When to put the controller down

Video games are seen as a young person hobby, but people of any age can get addicted

ANCHOR LEDE

Entertainment evolves, but video games seem to be a constant. The games can have benefits, like social connections and creativity sparks.

But, people young and old can get addicted to video games, possibly leading to serious mental health concerns.

TAKE VO

OSF HealthCare psychotherapist Marla Nelson says to know the warning signs that someone is gaming too much. If they're losing sleep, not taking care of basic needs, or lying about their gaming habits, those are red flags.

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Marla Nelson

OSF HealthCare psychotherapist

"Write it down. What's appropriate? Can I follow these guidelines? Can I play video games for, for example, two hours a week? Is that reasonable? Can I stick to that? If I can't, why can't I? For some people, when they put it on paper, they find they can do it." (:23)

VO TAG

Should you ever take the controller entirely away from your child or spouse? Nelson says there's nothing wrong with having that conversation delicately. If all else fails, the person could see a mental health provider for their addiction.