

When to put the controller down

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

SOT

Marla Nelson

OSF HealthCare psychotherapist

"Sometimes people use [video games] as a coping mechanism. They use them to get away from things they'd rather be doing. They could bring you relief from depressive symptoms and anxiety. They allow you to get away from how you're feeling." (:27)

SOT

Marla Nelson

OSF HealthCare psychotherapist

"There's a danger of desensitizing violence with video games and, really, TV too. Kids are exposed to much more than I was. So I do think there's a reason content warnings are on games." (:21)

SOT

Marla Nelson

OSF HealthCare psychotherapist

"Talk to your kids about what they're playing, even if you don't know the game. Sit and watch them. Kids are cool about showing you games. And if they're not willing to show you, maybe it's one they shouldn't be playing." (:14)

SOT

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)

SOT

Marla Nelson

OSF HealthCare psychotherapist

"If you're not able to self-regulate and stick with those guidelines you set for yourself, then yeah it might be time to try abstinence temporarily. Find things that the child can do instead. Let's set up some play dates." (:30)

SOT

Marla Nelson

OSF HealthCare psychotherapist

"If it's an [adult] partner, have that conversation. Say: 'This is a problem. You've tried to regulate yourself, and I guess you can't. Maybe you should talk to somebody about that.'" (:12)