

FINANCIAL TRADING, RESPONSIBLY

Eight tips for staying in control of your trading, and **confidential support the moment you want it.**



RESPONSIBLE FINANCIAL TRADING TIPS

1 RISK ONLY WHAT YOU CAN AFFORD TO LOSE

Never trade money meant for bills, rent, savings, retirement, or debt. If losing it would change your lifestyle or leave you anxious, your risk level is too high. **Never borrow money or trade on margin.**

2 NEVER “CHASE” LOSSES BY TRADING MORE

Revenge trading, sizing up after a loss to win it back, is one of the riskiest patterns in trading. Markets don't know or care about your last trade. Losses are routine in probability-based markets, not a personal injustice.

3 KEEP TRADE SIZES MANAGEABLE

Risk only a small portion of your funds in any single market, position, or outcome, even one that looks statistically likely. There's no such thing as a sure thing, and spreading risk protects your capital over time.

4 USE THE POLYMARKET TOOLS AND RESOURCES AVAILABLE TO YOU

Deposit limits, self-exclusion, and mental health support from Birches Health are built in as guardrails. **Setting them up in advance, while you're assessing risk clearly, makes them far more effective than reaching for them mid-trade.**

5 ONLY TRADE WITH A CLEAR MIND

Avoid trading if you're highly emotional, exhausted, or under the influence. Good decisions depend on a clear head, so step away if you're not in a state to think carefully.

6 HAVE A PLAN BEFORE EACH TRADE

Decide your entry, your profit-taking exit, and your overall exposure before you open a position, not while watching the price move. A plan set in advance takes the emotion out of the moment.

7 TAKE REGULAR BREAKS AND LIMIT SCREEN TIME

Constantly checking prices heightens stress and pushes you toward impulsive moves. Build in regular breaks and set specific windows to check markets rather than monitoring continuously.

8 WATCH FOR UNHEALTHY HABITS DEVELOPING

Unhealthy habits build gradually. Are you chasing losses, thinking about trading constantly, hiding it from people close to you, or taking bigger risks than you used to? **Noticing early makes support easier to reach.**

KNOW WHERE TO TURN FOR SUPPORT

Concerned about your trading? Starting to feel out of control? You're not alone, and it isn't a sign of failure. **Birches Health** is the leading provider of specialized treatment for compulsive financial trading in the United States. Care with Birches is **confidential, available online in all 50 states and covered by insurance.**

VISIT bircheshealth.com/polymarket
CALL (866) 289-7818
EMAIL help@bircheshealth.com

**SIGN UP
FOR CARE**

