

Published based on [Internet-based Poker Tips "When to Take Breaks"](#)

# **Internet-based Poker Tips "When to Take Breaks"**

Millions of men and women play online poker today either as a recreational past-time, or as a method to make some extra money. One of the most neglected talents when playing web-based poker is the power to keep your mind alert in a session, particularly if you're playing 3 or more tables immediately. How many times after a session when you look back over your hand histories do you groan in disgust at a dumb mistake you made due to a shortage of concentration?

One of the simple signs I notice when I begin to get beat or lose some of my psychological concentration is calling 3 bets out of place with pocket pairs expecting to hit a set. This is losing play in the longer term, your grey matter knows this, but because of the tiredness, you still make that losing call.

Or another example is a tight player that has never bet each street in a hand against you and now 2 hours into a session you have called with AQ in position and the board runs out QT7 rainbow, 4, 2 and the tight regular bets out on all 3 streets and the river bet is \$40 into a pan of \$50. Your brain is trying to say fold as he has never triple barreled before, the sole conceivable hand you beat is KQ which in all chance the opponent would have checked either the turn or river for pot control. However the mental exhaustion kicks in and the brains naturally entrenched curiosity kicks in and we click call and he shows a group of tens.

You are fibbing to yourself (or else a very good poker player) if you say this doesn't happen to you on a regular basis. If you don't believe me, go back over your last 20000 hands that you have played and see how frequently you have called a third bullet on the river and really won a hand. Try and justify your reason for calling against that particular player. I bet you will not find many .

So how can we make sure that we stay alert mentally in a session? Well I'm of the opinion a lot is down to experience. If you're a newbie to online poker and you have got to a stage where you play at least 4 tables at once, I advocate taking 5 minute break for each 60 minutes of play. So go get refreshments, use the bathroom, get some fresh air and then come back with a renewed level of concentration.

If you're an intermediate or experienced online poker player then I advocate a fair self assessment plan. This is what I use and I'll guarantee its helpfulness. Imagine you have a top class poker coach sitting behind you watching every move you make. You must articulate in your head (or aloud) exactly each play you make even if it's raising pre-flop and give your reason for doing so. When you stop doing this, then it is time to take 5 as you are mentally beat. From my private experience I've found after 2 hours of this you will get exhausted, so again take five for 5 minutes, re "hydrate, eat a good break if hungry to raise energy levels and begin playing again.

Try the above [online internet-based poker tips](#) and you will see instant results on the poker tables. You'll now be well placed to play for longer once you implement the short breaks when required.

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