| You owe it to yourself to take a break from your studies and go play video games. Not only does it help reduce stress but it is also fun! I have been playing games for 23 of my 26 years on this planet so believe me when I say that video games are a great way to help with the burden of college and your workloads. It is what I do daily and what I have found is that it helps to refocus me on an assignment that I have been working on for a long time. It is almost like a mental reset button. When you take a break and step aside from the work and stress that college gives to play a game, it is refreshing. At the end of the session you should be able to have a level head to begin to rethink an assignment.  But please, don’t just take my word for it, here is some evidence to prove that playing games will reduce your stress…and have lots of fun in the process. | **References:**  Russoniello, Carmen., O’Brien Kevin., Parks Jennifer (2009, January). *The Effectiveness of Casual Video Games in Improving Mood and Decreasing Stress*. Journal of CyberTherapy&Rehabilitation, Volume 2 (Issue 1), pp.53-66  Clarke, Kim., Morrow Leeanne (2017) *Kidding Around: Using Play to Enhance Students’ Well-Being and Learning*. PNLA Quarterly, Volume 81 (Issue 1), pp. 32-40  Xinhua (2017, August 28). *Games Offer an Escape from Stress*. China Daily European Edition, pp.7  **Images:**  Shutterstock (2017) *Stress* [Photo] Retrieved from https://www.smithsonianmag.com/science-nature/what-happens-your-body-when-youre-stressed-180964357/  Pexels (2017) *Stock Teen Photo [Photo]* Retrieved fromhttps://www.pexels.com/search/teenager/  Reed Jason (2014, Aug 5th). *Console Controllers* [Drawing] Retrieved from http://www.dailydot.com/parsec/game-console-price-comparison-graphic/ |  | Image sourced from Shutterstock.com  Stressed Out? Don’t Be!  An informational pamphlet on how video games can help eliminate your stress!  Image sourced from Shutterstock.com |
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| I held a survey that asked people multiple questions asking about their stress levels and if they find games to be stress relieving. According to my study, most people said that games relieve stress with 23.53% saying that is does some of the time. We have another 23.53% of people who don’t play, which if they did play could increases these numbers.  I had also asked them how often the feel stressed and 94.12% of them stated that they feel stressed at least occasionally. | The media may have tricked you into believing that video games cause violence and that they are the cause of increased aggression, but that is but the farthest from the truth. I encourage you to look at the countless studies that have proven there is no correlation between games and violent acts.  I also encourage you to see all of the evidence that I have compiled here to prove that games are a great way to eliminate your stress.  Carmen Russoniello has done extensive research into the effectiveness of casual video games in improving mood and decreasing stress. The entire premise of this study was to see how casual game play effected stress related medical disorders. What he found was that 88% of his participants experienced stress relief from playing games (Russoniello, 2009). He could conclude that with CVG scans that brain waves were consistent with improved mood after playing causal games (Russoniello, 2009). He then goes into extensive tests with different types of games, men and women, and see what sides of the brain it effects. I believe that this undoubtedly proves that video games are a great way to help with your stress. | China Daily (European Edition) interviewed a man named Yuan Chaojun, who quit his job, to teach people to “escape from rooms” (Xinhua, p.7). Although these rooms “technically” are not video games, I hope that you can create a parallel. Yuan created this game because it allows people to role play, to escape reality for a while. Yuan has also stated that stress relief is a major reason to why these escape rooms are so popular, that it is a place for people to come and find friends, chat, and do something that is interesting (Xinhua, p.7).  Image source from dailydot.com  Kim Clarke and Leeanne Morrow from the University of Calgary have showcased the importance of play and how it enhances wellbeing and learning. It states the mental health conditions both diagnosed and not in students have increased significantly (Storrie 2010). The benefits of play allow students to focus on something else to tune out stress and that video games can teach people how to handle stress in the future (Ferguson 2010). |
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