

Gaming and Well-being

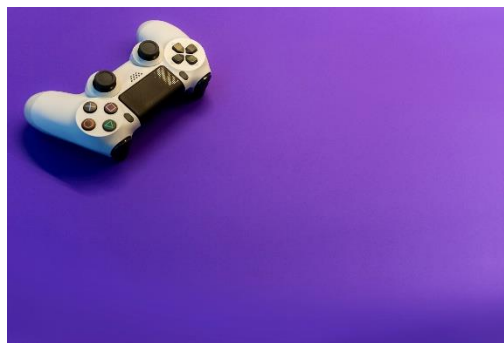
We have all heard of the negative effects gaming can have on mental health and well-being, especially for young people. Here, we've drawn together some materials that suggest there can be positive well-being effects from gaming, for example tackling isolation, and as a means of stress-release.

The Mental Health Foundation's podcast series discusses 'Internet gaming: good or bad for our mental health?' which explores some of the positive ways gaming can promote and sustain well-being. <https://www.mentalhealth.org.uk/podcasts-and-videos/internet-gaming-good-or-bad-our-mental-health>

Tackling Isolation

As part of their series on mental health and well-being, the BBC talk to gamers on finding a support network through gaming. (Please note, the programme is available on BBC iPlayer, which requires a TV licence to access). <https://www.bbc.co.uk/iplayer/episode/p0936f4w/gaming-and-me-connections-identity-and-support>

The American Psychological Association talks of the collaborative nature of some games, and the opportunity to build problem solving skills: <https://www.apa.org/monitor/2014/02/video-game#:~:text=Simple%20games%20that%20are%20easy,to%20consider%2C%22%20said%20Granic.>



A personal view on how and why gaming can help alleviate stress:

'Call of Duty, with its cinematic visuals and fast-paced action, offers an immersive experience, and demands complete focus. There's no time to worry about the trivial cares of the day. That's why it's my go-to game when I'm particularly stressed or in need of distraction. Engrossing myself in Call of Duty guarantees me an hour's reprieve from whatever's on my mind, and, by creating this distance between myself and the problem, it usually puts me in a better frame of mind to deal with it.'