

A Closer look at

GAMING AND MENTAL HEALTH



What are The Impacts of Excessive Gaming?

 2-3% gamers experience gaming disorder symptoms

It leads to significant impairment in personal, family, social, educational, occupational, or other important areas of functioning.

Fact

Excessive gaming is linked to higher risks of anxiety, depression, and social phobia in young people.

Insight

According to research, individuals who excessively engage in gaming are more likely to report feelings of loneliness and social isolation.

Conclusion

In conclusion, understanding the nuanced relationship between gaming and mental health is essential. By fostering moderation, embracing the positive aspects, and seeking support when needed, we can promote healthier gaming habits and overall well-being.

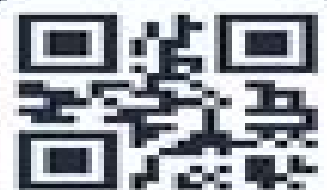
The Positive Side



Gaming boosts cognition, memory, multitasking, and social skills, offering therapeutic benefits for mental health. Recognizing its potential can enhance overall well-being and community support.

Important Note:

Gaming has mental health benefits, but moderation is important to avoid negative consequences.



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Take control of your gaming habits now!

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Ewing Lakin Phillips



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Wellbeing: A Complete Reference Guide, Economics of Wellbeing David McDaid, Cary Cooper, 2014-03-17 Part of the six volume Wellbeing A Complete Reference Guide this is a comprehensive look at the economics of wellbeing with coverage of history research policy and practice Examines the challenges inherent in studying and measuring wellbeing from an economic perspective Discusses strategies and interventions to improve wellbeing across the lifespan and in different settings Addresses the potential economic benefits for governments and policymakers of actively investing in initiatives to improve wellbeing from the workplace to the home to the natural environment Emphasizes the need to strengthen the evidence base for the economics of wellbeing and improve methods for translating research into policy and practice

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