



# GAMES

## FOR YOUR

# BRAIN

PLAYING VIDEOGAMES IS A GREAT WAY TO RELAX, SPEND TIME WITH YOUR FRIENDS, AND MAYBE TRY SOMETHING YOU CAN'T DO IN REAL LIFE. DID YOU KNOW GAMES MIGHT ALSO BE GOOD FOR YOUR BRAIN?

**W**hether adults like it or not, lots of kids want to play games. So some researchers have looked at how they affect the brain and have found that playing games can be as beneficial as meditating – really! They've found that you can use games to help you when you're feeling nervous, angry, scared or having other upsetting thoughts, by getting you to focus on something rewarding while breaking the cycle of your negative thoughts.

### WHAT IS MINDFUL GAMING?

The scientist Jon Kabat-Zinn was the first person to use the word mindfulness 25 years ago, describing it as “Paying attention in a particular way, on purpose, in the present moment and non-judgementally”. Since then plenty of people have come up with new definitions for it, but ultimately it occurs when you are doing something and you get in the zone.

