

5 health benefits of game play

- **Have fun and feel good:** One of the side effect of playing board games is laughing. Laughing has been shown to increase endorphins, those are chemicals that bring up the feeling of happiness. Sharing laughter and fun can promote empathy, compassion and trust with others.
- **Family time:** Sitting down with family with no interruptions may feel like an impossible thing in your home, as everyone has different schedules which pushes them to opposite directions. But playing games with your kids, or with your friends, is a perfect way to spend time together and build learning skills at the same time. Playing a board game after a family dinner is an excellent way to get closer to your family, while strengthening your family bond.
- **Memory formation and cognitive skills:** Allowing your kids to play a board game helps them practice essential cognitive skills, like problem solving. The hippocampus and prefrontal cortex especially benefit from playing board games. These areas of the brain are responsible for complex thought and memory formation. Board games help the brain retain and build cognitive associations well into old age too.
- **Reduces risks for mental diseases:** One of the primary benefits of playing board games is reducing the risk of cognitive decline, such as that associated with dementia and Alzheimer's. Keeping your mind engaged means you are exercising it and building it stronger. A stronger brain has lower risks of losing its power.
- **Lowers blood pressure:** Along with laughing and increasing your endorphins, they can help you lower or maintain your blood pressure. This release of endorphins help muscles to relax and blood to circulate, which evidently will lower your blood pressure. High blood pressure is associated with greater risk of artery damage, heart disease and stroke.