Benefit Of
# WATCHING MOVIES
For Your Mental Health
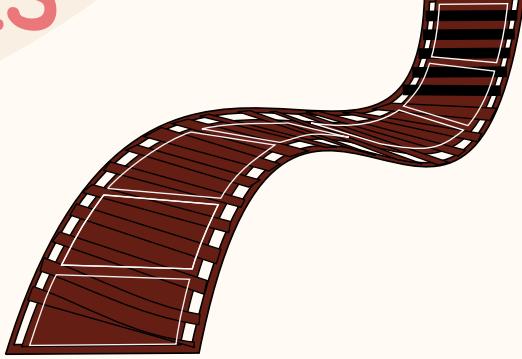
HELP YOU RELIEVE STRESS

Movies are one of the most effective ways to take a break and relax. They can help you manage with stress if you are stressed or nervous.
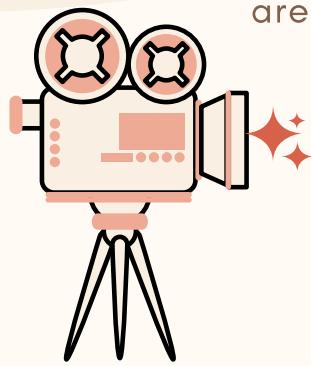
GIVE MOTIVATION FOR PERSONAL GROWTH

Do you have a favorite movie phrase that you turn to when you're in a tough situation? If you do, it suggests the film had a great impact on you. Even if you didn't realize it, movies can have a significant impact on how you see yourself or relate to others.

ENCOURAGE YOU TO RELEASE YOUR EMOTION

Movies can provide an emotional release! You might find yourself laughing or crying along with a character's experiences in a movie. This can have a cathartic impact to relate to these emotions.
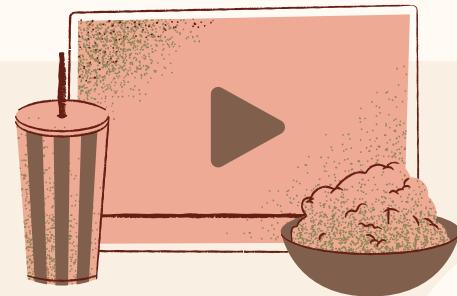
ASSIST US IN MAKING SENSE OF OUR OWN LIFE

For thousands of years, the art of story-telling has been used to pass along information and wisdom. Stories and movies provide us with varied perspectives and assist us in understanding and making sense of the world and even our own inner worlds.

joetorre.org/youthportal