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[Watching horrific {img} can trigger unwanted thoughts and feelings and increased levels of anxiety or panic, and even increase our sensitivity to startle-eliciting stimuli, making those of us who are anxious more likely to respond negatively and misinterpret the sensations as real threats.](#)

[Can Horror Movies Be Bad for Your Mental Health? - Harmonia Mentis](#) : society : can-horror-movies-be-bad-for-your-...'s always a good idea to find a balance in your entertainment choices and to engage in activities that bring you joy and relaxation.

[Is it bad if I'm addicted to watching a horror movie every day? - Quora](#) : Is-it-bad-if-lm-addicted-to-watching-a-horror-movie-ev...'s always a good idea to find a balance in your entertainment choices and to engage in activities that bring you joy and relaxation.

[PICO PARK is very flexible because every level adjusts to the total number of players. So you can play with as many friends as you like.. and you can control PICO PARK with your iPhone/iPad/Android](#)