

## Violent Videogames Help Pain

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If you enjoy good first person shooter video games, there is some good news. Everytime you stub your toe or step on lego, it hurts less. According to a university study, games give people a higher pain tolerance. Maybe it's because we see people in pain and they still carry on and complete the mission. Or maybe it's a load of garbage. [DailyMail has more info](#) .

The researchers suggest the increased pain tolerance and heart rate can be attributed to the body's natural 'fight or flight' response to stress, which can activate descending pain inhibitory pathways in the brain reducing sensitivity to pain.

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