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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.

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