

WHY WE LOVE NATIONAL PUZZLE DAY

A. Happiness

Recent studies have shown that people who participate in collaborative games, such as puzzles have higher levels of happiness, and in some cases relaxation, as a result of their good ol' fashion fun. A challenging jigsaw puzzle undoubtedly brings out that sense of joy.

B. Puzzles serve as a sense of accomplishment

Not just in a personal sense, but in a group sense. That feeling of completing the final few pieces of the puzzle with your best friends = priceless.

C. It's a way of stimulating the mind.

Puzzles stimulate the brain, improving number and problem solving skills while keeping it active.