

## 4 Reasons Why Rewatching Your Favourite TV Shows Is Comforting

### 1. It Makes Us Nostalgic

We all love it when we feel nostalgic—remembering old times and all the memories that come with it. Nostalgia is mostly related to a specific memory or relationship we have had. Reminding us of the time when our lives were much better and happier than they are now.

### 2. Less Challenging

Challenging stuff requires us to get tired easily, and give up. But when we do something familiar, it helps our brain function better. And just like they say, "There is something special in watching something that you have watched before, it demands fewer emotions and work from you."

### 3. Finding Comfort In The Characters

We fall in love with at least one good or bad character in our lives. But have you ever wondered why? It's simple. Some TV show characters remind us of ourselves, some help us deal with our constant anxiety, and others just seem vulnerable to us. We may see ourselves reflected in their struggles and accomplishments.

### 4. Self-Security

A TV show you love can offer more than just relaxing time. Making us remember how much we have grown and how there's always a big road ahead. These shows give them comfort. Therefore, giving us a sense of security.