

golden poker

Firstly, poker is a game of strategy and decision-making, which can provide a sense of control and empowerment to players. Secondly, playing poker can help improve mental clarity and cognition, as it requires concentration and focus.

[How Poker Can Improve Mental Health](#)

[pokerpower : how-poker-can-improve-mental-health](#)

Individuals might try to avoid behaviorally expressing their emotions or showing their sad feelings. This phenomenon is called expressive suppression (i.e. suppression) and refers to a so-called "poker face". It is a behavioral strategy to regulate emotional responses after they have arisen.

["Put on your poker face": neural systems supporting the anticipation ...](#)

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