# Article information:

(80 条消息) 以前玩主机游戏一天八到九小时没事，工作后玩一小时就反胃觉得无聊，该怎么办？ - 知乎  
<https://www.zhihu.com/question/364435533/answer/2286912987>

# Article summary:

1. Playing console games after work can be difficult due to the pressure of work and lack of patience.

2. Mobile games are better suited for busy schedules as they provide quick refreshment and require less sense of substitution.

3. There are various ways to enjoy console games while balancing life and work, such as playing remastered versions or familiar game series.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy, providing insights on how to balance life and work while still enjoying console games. The author provides personal experiences that are relevant to the topic, which adds credibility to the article. The author also provides various strategies for enjoying console games while managing a busy schedule, such as playing remastered versions or familiar game series.

However, there are some potential biases in the article that should be noted. For example, the author only presents one side of the argument – that it is possible to enjoy console games while managing a busy schedule – without exploring any counterarguments or other points of view. Additionally, there is no evidence provided for some of the claims made in the article, such as that mobile games are better suited for busy schedules than console games. Furthermore, there is no discussion about potential risks associated with playing video games for long periods of time, such as addiction or physical health issues.

In conclusion, this article is generally reliable and trustworthy but has some potential biases that should be noted when considering its content.

# Topics for further research:

* Video game addiction
* Physical health risks of video games
* Counterarguments to balancing life and work with console games
* Strategies for managing a busy schedule while playing console games
* Benefits of playing remastered versions of console games
* Comparison of mobile and console games for busy schedules

# Report location:

<https://www.fullpicture.app/item/4b7e1fe4245e291f33413db8d2155989>