



A Comedic Break from the Pits



By Jana Irish

"Ok, there's that 20 page reading assignment to finish, then I've GOT to get some research for that 10 page paper done, plus that write-up on the play, and oh, can't forget that outline for that other paper. And oh yeah, I need to have my part of the group project done by Monday so we can practice for the presentation on Tuesday. I can do this..."

Sound familiar?

That's what a typical Friday afternoon consists of for me. And sometimes I can't handle it. When that happens, my Friday night looks like this: I pour a huge bowl of Berry Colossal Crunch and milk, find my favorite blanket and plop down on the couch after setting up the DVD. I skip the previews and start my current all-time-favorite movie Megamind. Soon I am laughing so hard I almost spill my bowl of cereal. After 90 minutes of "Minion! She'll discover all our secrets! You dim-witted creature of science!" and "Oh, my giant blue head!"

I am feeling much less stressed.

I love that this movie has a good guy that feels like he has to be the bad guy. His relationship with a girl, someone that actually seems to care, makes him decide "Maybe I don't want to be the bad guy anymore!" This is a feeling I think most people can relate with, even if we aren't supervillains like Megamind. No one wants to be on the outside, trying to maintain appearances, and everyone wants to be loved.

Another reason I love Megamind is that it's so quotable; it's the cartoon version of The Princess Bride in that respect. I also feel that it's a rare perfect blend of romantic comedy and action/science fiction that it appeals to nearly everyone, which is helpful when I'm almost guaranteed to have a roommate interrupt me.

I believe this de-stressing method of watching a great movie works because movies work for me like plays worked for people of early days. In one of my literature classes, we talked about the catharsis, or emotional purging, that critics like Aristotle claimed happened vicariously to an audience as they watch the plays.

"Minion! She'll discover all our secrets! You dim-witted creature of science!"

I know I feel emotionally refreshed after watching a movie like Megamind. I get to feel the emotions (happy, worried, excited, etc.)

of the characters, and more importantly, see the resolution of their conflicts. Through the movie I get to experience the "happily ever after" feeling. So even though I'm not having a "happily ever after" right now, I feel happy because someone (even someone with a "giant blue head") got their "happily ever after", and it gives me hope that I can deal with my trials and find "happily ever after" too, even if that's just "happily after my test is done".

Next time you're feeling stressed, pull out your favorite movie!