

I'm Having A Bad Day VR video game in pre-order on PlayStation Store



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It's one of those days. You rushed out of the house for work and shut the door behind you, leaving your keys inside. A passing car splashed your new suit with rainwater just as you were crossing the street. Your coffee tipped over your laptop. Your boss promoted someone else to the position you'd been aiming for. Your kid broke the school window with a football. Your holiday booking was cancelled. Your car refused to start in the office car park, public transport was on strike, and you had to walk home. Your neighbours decided to throw a disco party just when you finally got your baby to sleep. Just one of those days when you said: "I'm having a bad day!"



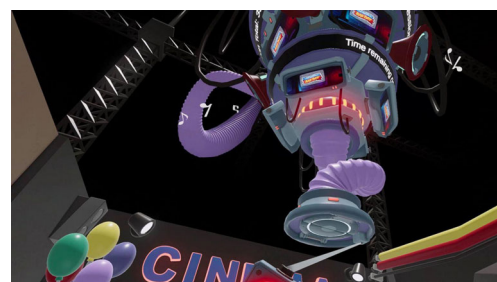
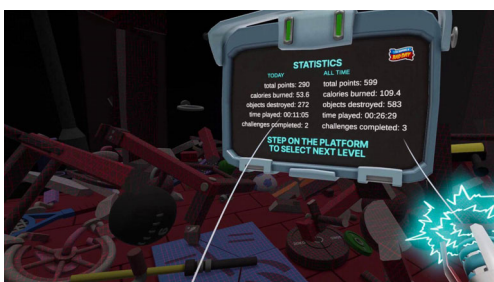
Turn your bad day into a destruction challenge as you smash, break and dismantle your way through colourful, physics-driven mayhem in ***I'm Having A Bad Day***, a cartoon-style VR game built around a simple idea: breaking things can be fun.

From September 8th for one month, the game is available to pre-order on the PlayStation Store.



Enter a series of unique destructible locations, from an office and a gym to a supermarket and many others. Use a variety of tools, each with its own size, strength and destruction style, and discover just how satisfying it can be to take a perfectly ordinary room apart.

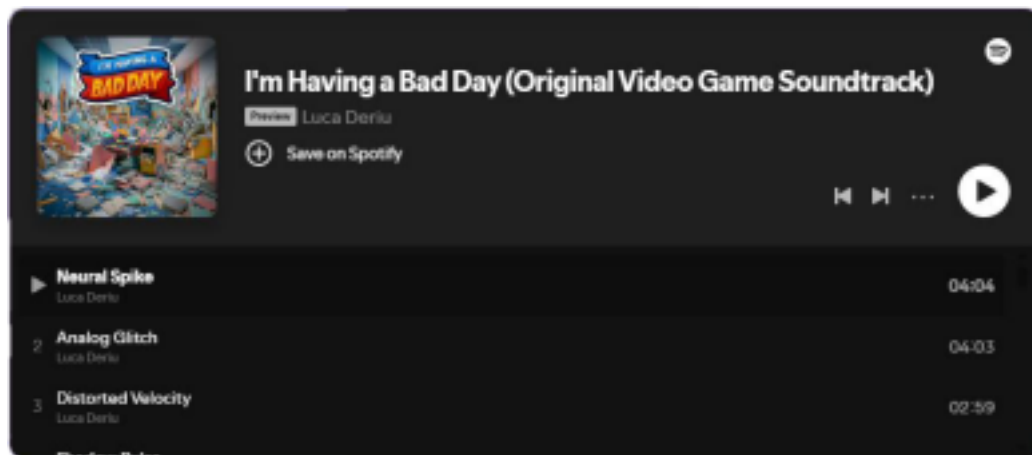
But there's more to it than simply smashing everything in sight. Fast-paced challenges test your speed, precision and creativity: destroy specific types of objects, follow a particular order, use a certain tool, beat a time limit or hit a target quantity. Complete challenges to unlock new rooms, tools and even more ways to play.



I'm Having A Bad Day is a VR-only experience for PlayStation VR2, Meta Quest, Meta Link PCVR and Steam VR, launching in October 2026.



I'm Having A Bad Day original soundtrack is available on **Spotify**, blending driving techno-inspired rhythms, electronic textures and playful chaos. Perfect for a workout, staying focused, or just adding some energy to your day.



ABOUT THE DEVELOPER

PLAYSYS® is a software and videogame development studio founded in 2007 and creating VR projects since 2015.

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