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### What Makes Me Happy

In Stefan Sagmeister's TED talk, he spoke about finding happiness in his everyday life and using it as inspiration. He believes that if you find happiness in the designs you make then you would feel more passionate about it. Sagmeister uses happiness as a tool for both inspiration and as a way to connect to his audience. He states how ads on the street will affect his mood, the better the design, the better he felt.

Something that I am passionate about is games and possibly streaming it in the near future. Just making videos on the games I play and sharing it to the public for others to view as a way of entertainment. I always aspired to be an entertainer on the internet through games as it's something super easy and it impacts many people's mood. Through watching people's videos whether on youtube or a streaming site known as twitch, many people going through hardships can feel slightly better. Through experiences of watching different content creators, I find many people donate many and express how thankful they are of the creators as they made them feel better during the hardships.

Playing games in general is just relaxing and is a way of stress reliever for me. If I am stressing over something then i would usually play games to alleviate the stress by losing focus on the topic and making more attention on the game. Although many people downplay the idea of playing games as it can lead to distractions. Many don't talk about the positives such as making friends over it. I met many awesome people from playing games and connecting with them. Playing games would lead to conversations and help you into speaking if you have social anxiety.

Playing games lead to better multi-tasking skills, You can do multiple things while playing which helps with the multi-tasking skill. An action game, for example, may require you to be very observant. It requires you to be able to move your joystick or keys while looking at the various features on your screen such as energy levels, oncoming adversaries, ammunition left, available time among other factors, all which are vital to winning. Gaming also helps to improve attention and concentration. Video games have proven to be able to capture the player's

attention for the entire period of the game. This is brought about by the player's need to achieve certain objectives within the game, and be able to progress to the next level.