



Improves Problem Solving Skills (Trial & Error)



Increases IQ (Brain Memory & Reasoning)



Reduces Stress Levels (Peace)



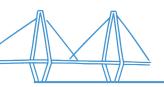
Increases Mood & Boosts Confidence (Accomplishment)



Increases Attention to Detail (Hedonic Reward)









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Increases Attention to Detail

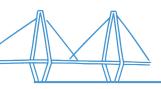


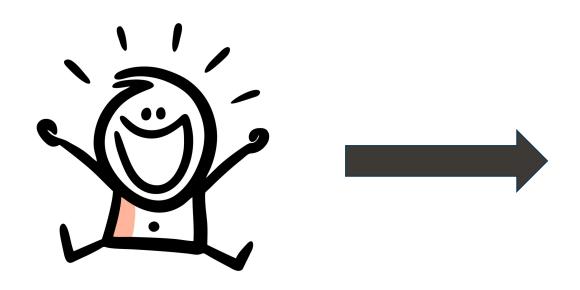


Happiness Advantage Hedonic Reward





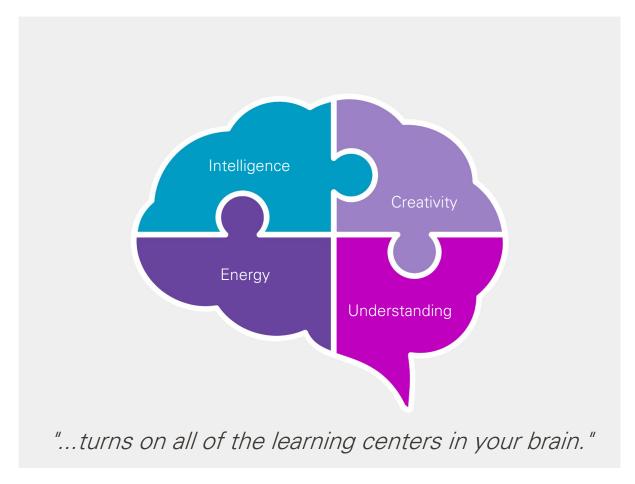




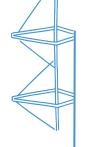
"Your Brain at positive is 31% more productive than your brain at negative, neutral or stressed....

Innovation doesn't lead to happiness... happiness leads to innovation."

Shawn Anchor









## Sid Ratkiewicz

Sid is a behavioral researcher at the Common Cents Lab at Duke University, an applied research lab that aims to increase the financial well-being of low to moderate income households in the US and abroad. At the Common Cents Lab, Sid works daily with credit unions and other financial institutions to design and test interventions to increase financial health. In their free time, they make art and play a lot of board games.

