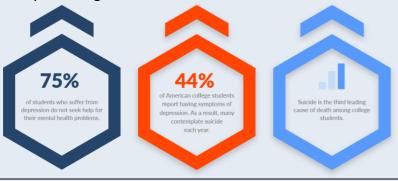
Problem Solving (A3) Report

1. Identify a Problem PLAN

• It is estimated that around 6.7% of American adults suffer a major depressive episode once in any given year.

- It has been demonstrated that keeping a gratitude journal is beneficial in reducing stress among other negative mental afflictions.
- Journaling requires using something to keep track of your thoughts, but the mediums used are not always enticing.



2. Set the Target PLAN

• Better investigate if recording and/or sharing causes of happiness promotes the same emotion.

- Provide a better platform to record these thoughts, be it via text or message.
- Provide a way for people to connect by analyzing data and finding common factors to their happiness.

3. Analyze the Causes PLAN

- Depression is on the rise due to many factors, including the recent pandemic due to COVID-19.
- Though not a cure-all solution, journaling is an affordable hobby that has been proven to boost mood and reduce stress.
- The problem with journaling is that it is not always engaging enough for an individual to keep on with the habit.



The Happiness Machine

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4. Propose & Implement Countermeasures

PLAN/DO

- Create an app or website with appealing visuals and user-friendly mechanics to incentivize users to record the things that made them feel happy.
- If given permission by the user, analyze the data that they input and connect them with other content like the things they input.
- Send out surveys or questionnaires to make the app more engaging and easier to keep up with.



CHECK

6. Act and/or Standardize	ACT

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