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Routine. She devoured our lives. Weeks are like one another with their debilitating monotony. Every morning, thousands and millions of people think with hate about the upcoming work day. Offices are filled with people who work in order to live, rather than live to work. Our work has become boring and mediocre, like our life.

A lot of people don't believe that they can be happy at work, but it isn't true. The main purpose of this article is to prove, that they are wrong. To be happy at work – it's very important and most importantly real. Various scholars, psychologists, sociologists and even religious figures, such as Jim Collins, Igor Mann, Benjamin Disraeli and Max Lucado paid much attention to this topic.

Statistics show that this problem has already become a real epidemic. It has become the epidemic of ordinariness. We lose interest in our lives.

A quarter of working Americans are dissatisfied with their work. A quarter of employees consider work the main source of stress in their lives. Seven out of ten people are not interested in their work and are not prepared for the performance of their main duties. Forty-three percent of employees are often angry with their employers because they feel overwhelmed. More than seventy percent of people go to work without any enthusiasm or interest [3, p. 11]. Every Sunday, with a shudder, they wait for the arrival of Monday, and on weekdays working hours are depressingly dreaming about the next Friday.

One scientific article states: "Problems in the workplace have a greater impact on health than any other sources of stress — even such as financial difficulties or family problems."

So why is this happening in our life? We are accustomed to the fact that if we are paid for work, this is enough to be happy in life. It all comes down to the principle of "work, or die." It is a vicious circle. And although work is not the most important thing in life, it can be turned into an amazing place where you can truly enjoy the work process and hurry here every morning.

Action does not always bring happiness; but there is no happiness without action (Benjamin Disraeli). Whatever you do should bring you only pleasure. "If it's not a fan, then why do it?" (Jerry Grimfield).

It is very easy to understand whether you are in your place if you answer two easy questions:

1. In what way can you be the best in the world? If you can't be the best at it, then why bother doing it at all? If you don't get better, you get worse. You should always strive for better and more. Do not be afraid to set big goals and ambitious plans, even if no one believes in you. If someone did not work out - it does not mean that you will suffer a fiasco.

2. What do you especially like to do? What brings you the most joy? Someone likes to draw, and someone can not just pass by a beautiful candy wrapper. There are people who smile when they are dealing with long mathematical equations, while others can spend hours in the garage repairing a car. These minor things are your strengths, your hidden potential [1, p.112].

Healing from ordinariness begins with identifying your strengths. None of the people have a set of abilities like yours. You are not just an accident, subject to the laws of statistics; not simply the result of the influence of heredity and society; not one of the dozens of identical bolts on the locksmith's workbench. You are the only one. And you don't have to do business that you hate the most part of your life. You are able to give humanity those that no one else can give. And for this you just need to do something that makes you smile, something that makes you spend hours on end without even noticing it. Your favorite activity is your vocation [2, p.21].

I have made a decision for myself that I would never work who I would never want to be. On the contrary - I will do only what I like. And you?

References

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ANALYSIS OF VIRTUAL REALITY FEATURES IN THE ENTERTAINMENT INDUSTRY

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Virtual reality describes the world created by technical means, transmitted to a person through their sensations: sight, hearing, touch and smelling. Virtual reality imitates both impact and reaction to impact. The problem of virtual reality reconstruction and representation to an end-consumer includes creating a convincing complex of reality sensations built around both computer-aided synthesis of the virtual reality properties and real time feedback.

The purpose of this paper is to analyze advantages and disadvantages, prejudice and precautions in virtual reality use as entertainment means.

Programmer, writer and musician Jaron Lanier popularized virtual reality in its definition usual for ordinary users. In the mid-80s, the VPL Research company created by Lanier retained the rights to most of the patents in the field of VR. Experts believe that by 2020, the virtual reality industry will be estimated at \$30 billion, and now virtual reality is moving toward this indicator in huge steps [1].

Currently, there are several main types of systems that provide formation and output of images in virtual reality systems:

- virtual reality helmet;
- motionparallax 3D displays;
- virtual retinal monitor.

Multichannel speaker system provides sound source localization which allows the user to navigate the virtual world through hearing. Imitation of vision or tactile sensations has already found its application in virtual reality systems. In addition, special gloves are used in virtual reality. The clear-cut distinction between virtual and augmented reality, which achievements are applied in health care should be drawn. The fundamental difference is that the virtual reality has become nowadays no less substantive than the objective world surrounding people in their working or private environment.

Virtual reality aspects are used in many spheres, but analyzing entertainment industry is a challenging task because of virtual reality divergence. The most popular entertainment resources supporting everything about virtual reality are nowadays films and computer games [2]. In the blockbuster movie “Ready Player One” (2018), the virtual world of Oasis was created in the year 2025. After the film release, the question arises how long it will take to developers to reach such a level of immersion which becomes a reality.

Computer games cause the most debate among scientists because they are one of the most controversial topics in modern psychology. Computer games are associated with many possible negative effects. They seem to parents, teachers and doctors to be a serious threat to normal behavior. Scientists often talk about the emergence of dependence on computer games. The games