



Depression-Proof Studio Culture

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**common mental
health challenges
+
how to deal =**





I'm not a doctor,

but I'll take a look.

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happy people work harder (12%)*

unhappy people take more sick days

* <http://www2.warwick.ac.uk/fac/soc/economics/staff/eproto/workingpapers/happinessproductivity.pdf>



1 in 4





Higher in tech and creativite fields because:

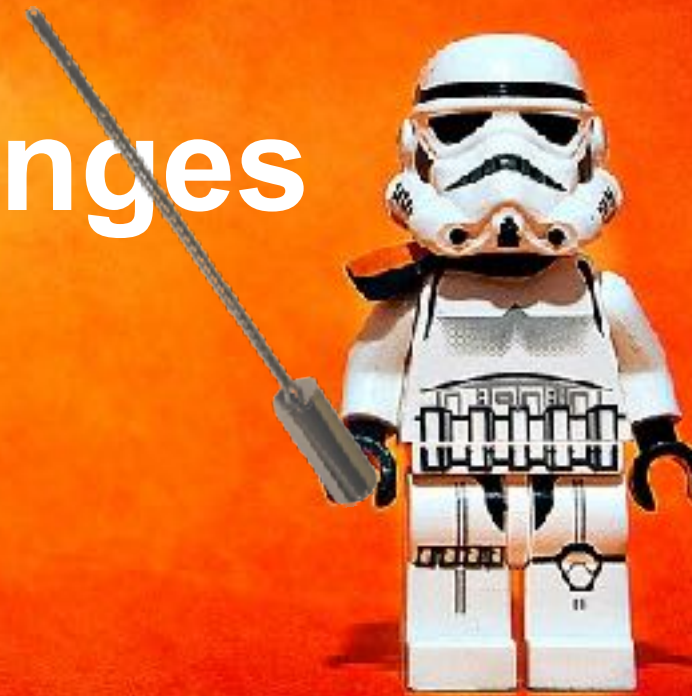
isolation

long hours

frequent life changes

timetable stress

changing goals





Common symptoms of mental health issues:

fatigue

nervousness

withdrawal

lack of energy

low motivation

irritability

perfectionism





How does the workplace contribute?





Typical game studio.





Toxic Organizational Behavior





Is mental health really a dev problem?





Things you can control.





**Things you
can control:**
Sleep more.





Things you can control:

**Sleep more.
Eat better.**





Things you can control:

**Sleep more.
Eat better.
Take breaks.**





Things you can control:

**Sleep more.
Eat better.
Take breaks.
Walk.**





Things you can control:

**Sleep more.
Eat better.
Take breaks.
Walk.
Breathe.**





TAKING CONTROL





Get Help.



Take This

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Citations:

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<http://www.takethis.org/when-to-seek-help/>

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