

INDEPENDENT GAMES  
SUMMIT

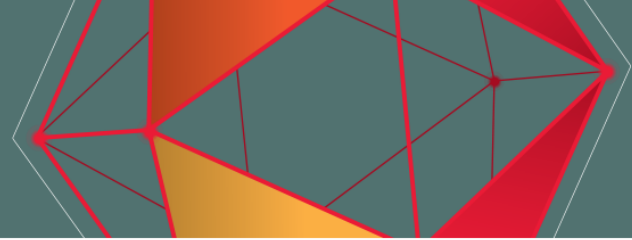
# An Evidence-Based Mental Health Model for Game Developers

Dr Jennifer Hazel  
CheckPoint

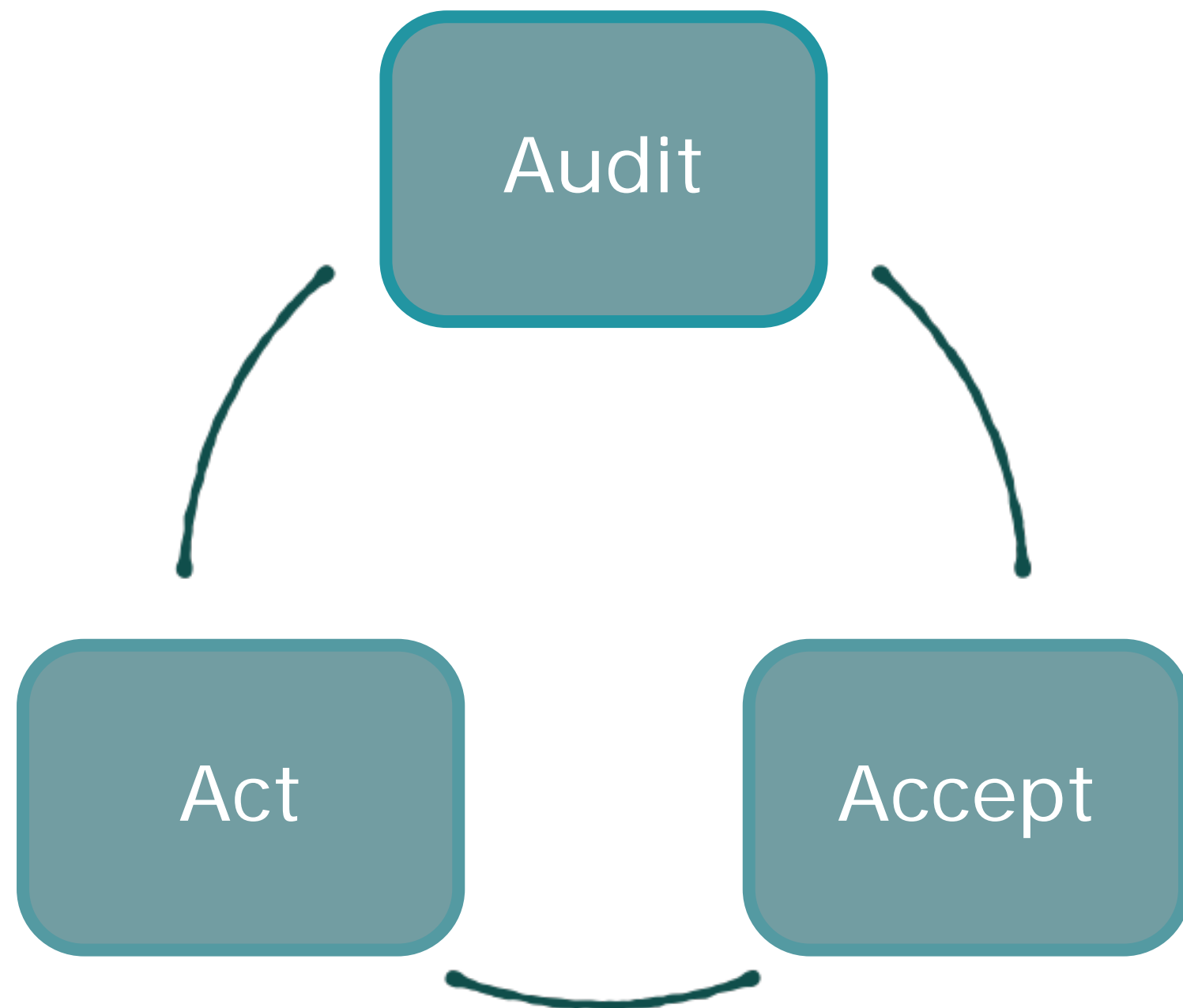
GDC

GAME DEVELOPERS CONFERENCE® | MARCH 19-23, 2018 | EXPO: MARCH 21-23, 2018 #GDC18





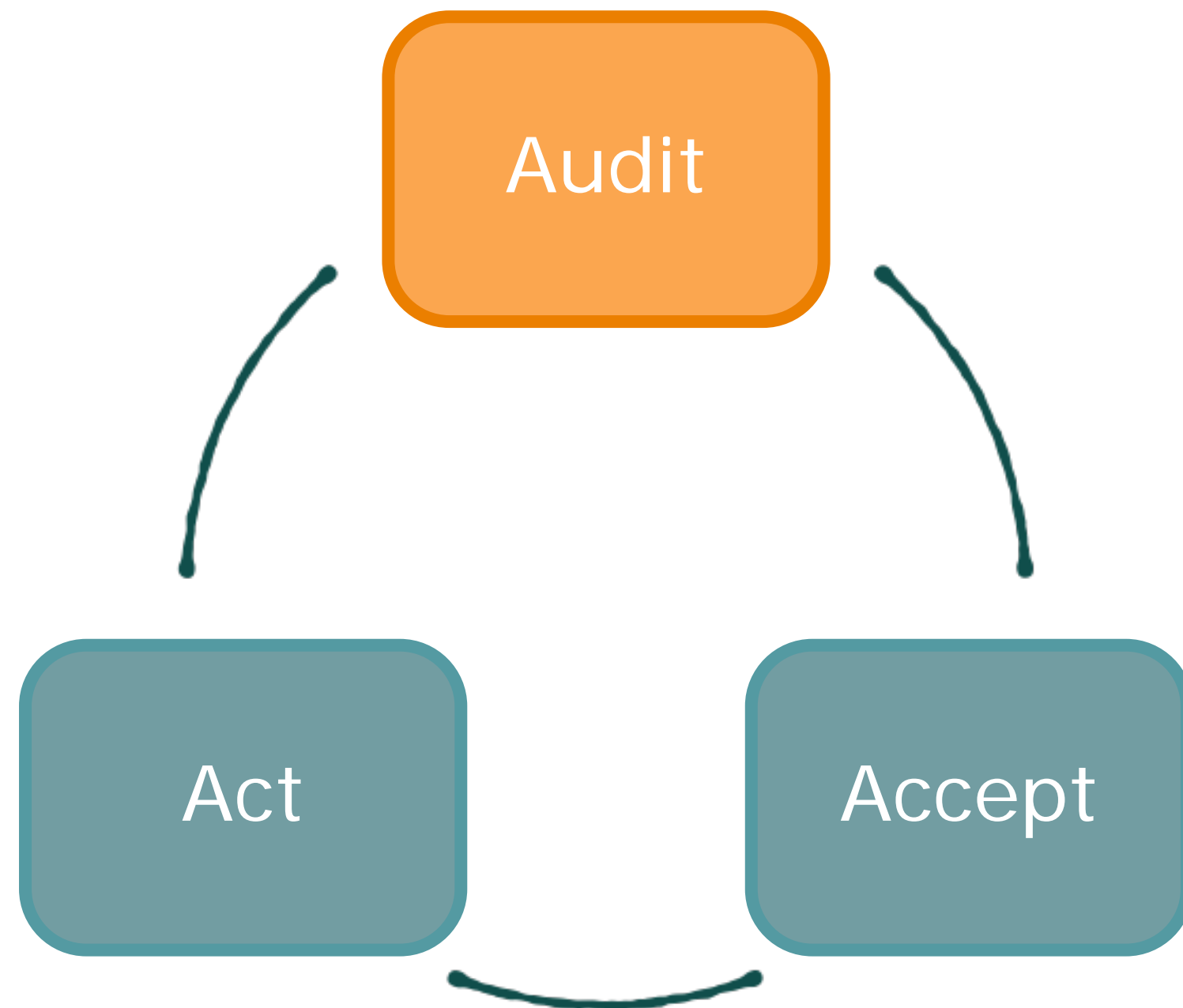
# CheckPoint's AAA Model

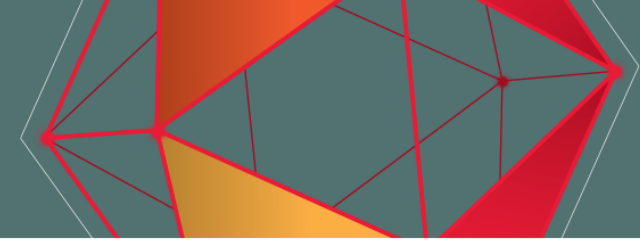




# Audit

- Check-In
- Thinking Styles
- Coping Styles

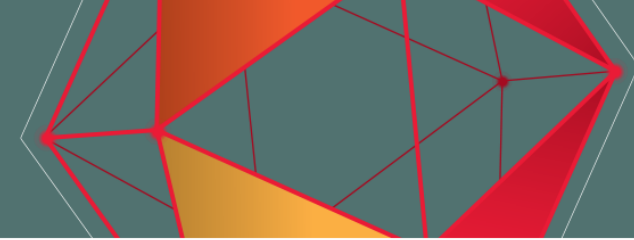




# Check In

- Stress levels (+/- burnout)
- Thoughts and Emotions
- Behaviour
- Mental health issues
  - depression, anxiety, etc





# Thinking Styles



## Distortions

- *Fortune telling*
- *Emotional reasoning*
- *Catastrophising*
- *Selective filtering*
- *Personalising*
- *Blaming*

## All/Nothing

- *Should/Must*
- *Can't*
- *Always/Never*
- *Black-or-White*

## Rational Thinking

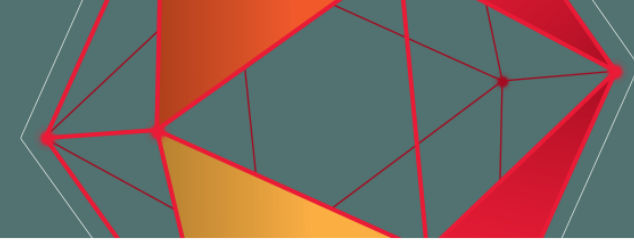
- *Flexibility*
- *Objectivity*
- *Consequences*

## Affirmations


- *Gratitude*
- *Cheerleading*
- *Forgiveness*







# Coping Styles

- 
- A dark teal silhouette of a human head in profile, facing left. Two speech bubbles originate from the head: a teal one at the top left and an orange one at the bottom right.
- *Sublimation*
  - *Positive Reinterpretation*
  - *Humour*
  - *Problem Solving*

## Internal

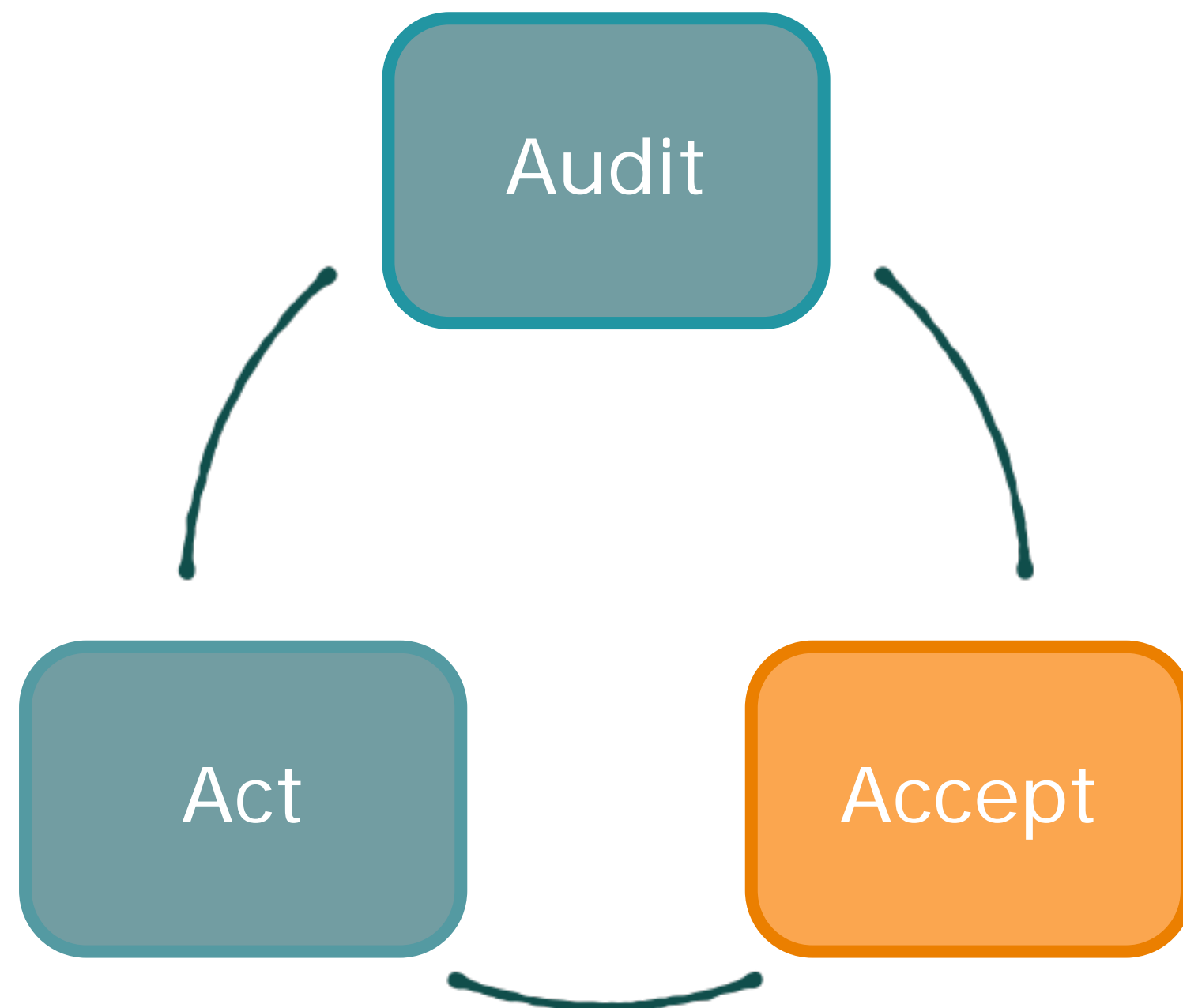
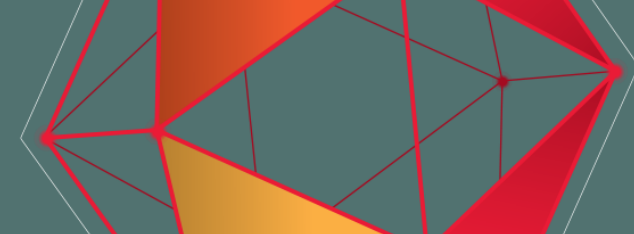
- *Denial*
- *Reaction Formation*
- *Projection*
- *Displacement*
- *Regression*

## External

- *Relaxation*
- *Support*
- *Physical Activity*

- *Drugs and Alcohol*
- *Avoidance*
- *Overcompensation*

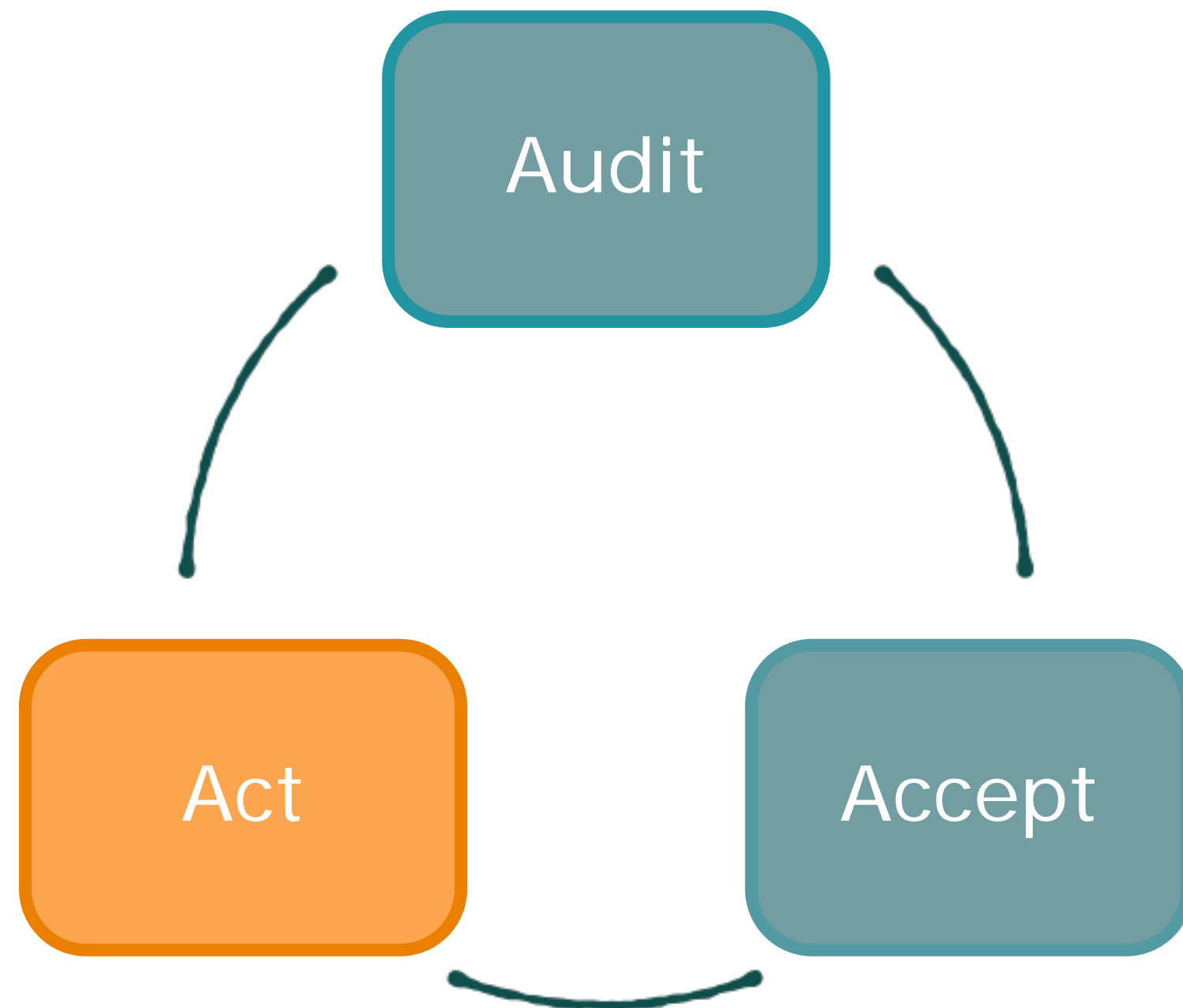






# Act

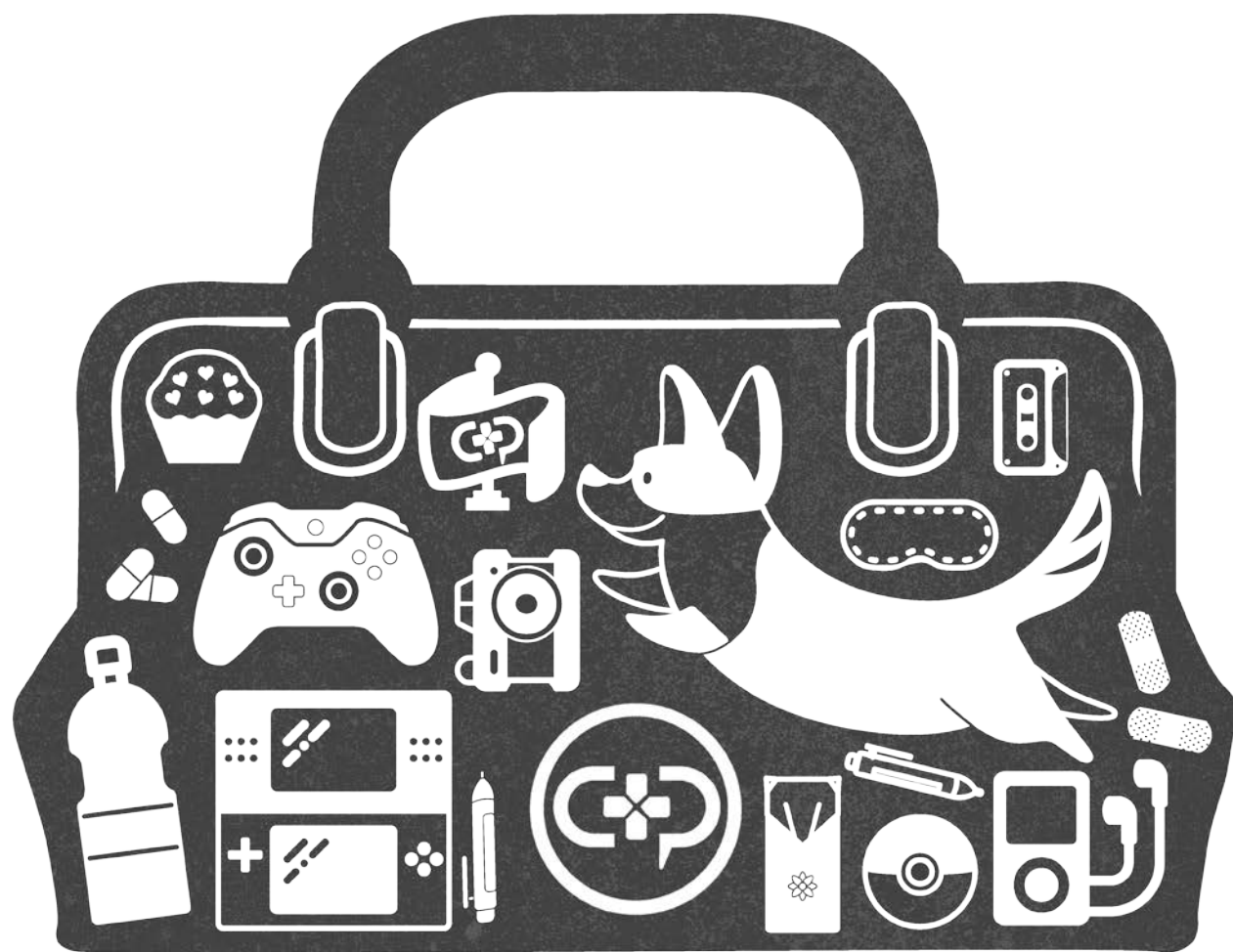
- Your Coping Toolbox
- Apply Thought Hacks

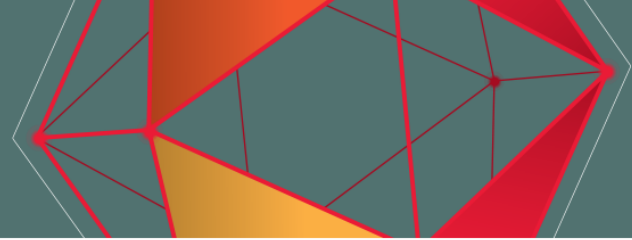






# Your Coping Toolbox

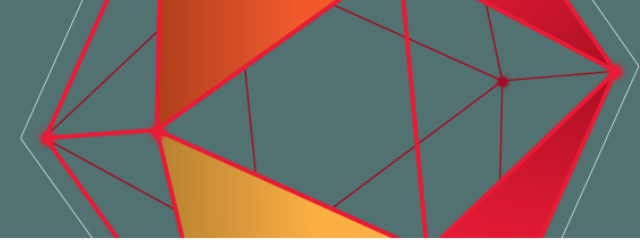




# Apply Thought Hacks

- Keep a thought diary
- Try...
  - Thought challenging
  - Thought tolerance
  - Cognitive de-fusion
- Depends on your personality

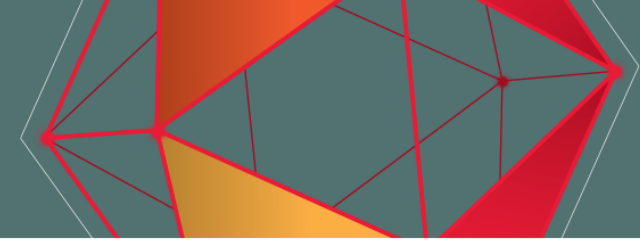




# Make Friends with “Help”

- Be okay with reaching out
- Delegate
- Budget for contractors
- See a professional





# Thank you

- Find out more at [checkpoint.org.au](http://checkpoint.org.au)

