



Invent a Game: Reinvent Yourself

Joshua Boggs and Dr Jennifer Hazel
LoveShack Entertainment and CheckPoint

GAME DEVELOPERS CONFERENCE® | FEB 27-MAR 3, 2017 | EXPO: MAR 1-3, 2017 #GDC17



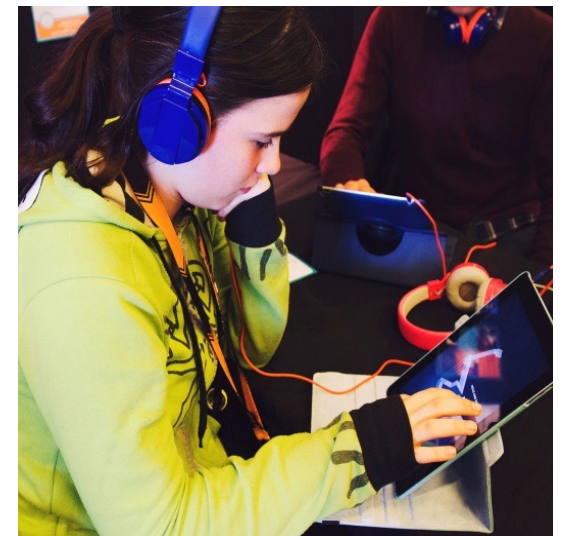


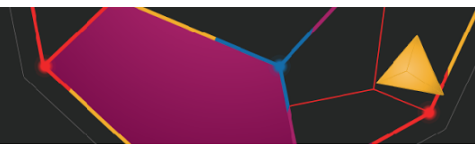
Welcome

Joshua Boggs



Dr. Jennifer Hazel





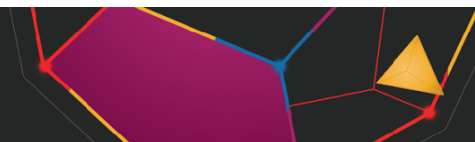
1. The Unsatisfied Mind:

Joshua Boggs describes his lived experience of the hardships associated with game dev, including the pressures of success, undiagnosed depression, and alcohol use.

2. The Path To Satisfaction:

Dr Jennifer Hazel delivers practical advice on how to help yourself and your team.

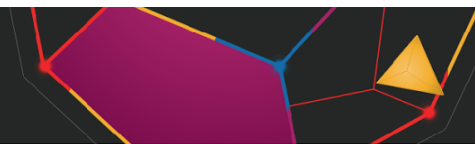




Why Have This Discussion?

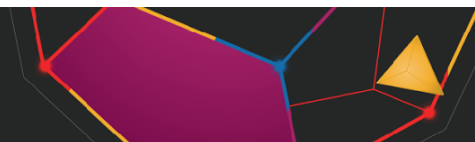
- We can reduce stigma by talking openly
- This is a young, unique industry which is inherently progressive – we can make a change
- Developers may be a vulnerable population
- Games are a powerful medium for communicating messages to the public





1. The Unsatisfied Mind





The Contributing Factors

FRAMED:

- Expectations

Josh:

The Team:

- Pressure
- Mental health awareness

- Personality
- Strengths and vulnerabilities

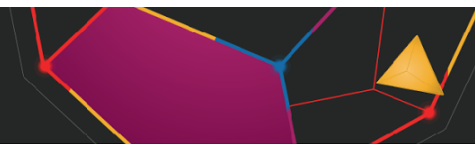




CheckPoint

<http://checkpoint.org.au>





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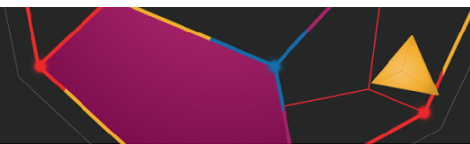
The Team:

- Pressure
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- Personality
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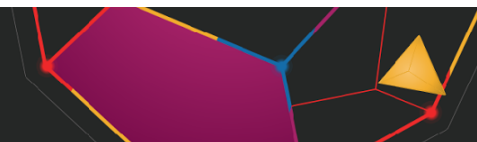




Depressogenic Development

- Pressure of Success
 - Looking at motivations for why success is important to you
 - Is award culture healthy?
- The projection of self-worth onto art
 - Instead of focussing on mental and physical health, putting everything into the game and relying on this instead
- Post Release Blues





Maladaptive Coping Mechanisms

- Disruption of Relationships
 - Failing to fulfil a balanced set of roles in life, in lieu of spending time creating
 - Using work as a coping mechanism
- Alcohol Use
 - Just one example of a maladaptive coping strategy
- Clinical Depression

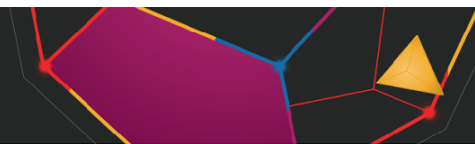




Recovery

- Acknowledging that there was a problem
- Accepting the help of others
- Medication
- Therapy
- A break from work





A journey of
a thousand miles
begins with a single step.

So just take it step by step.

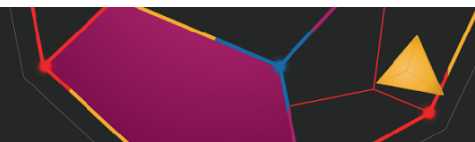
Okami



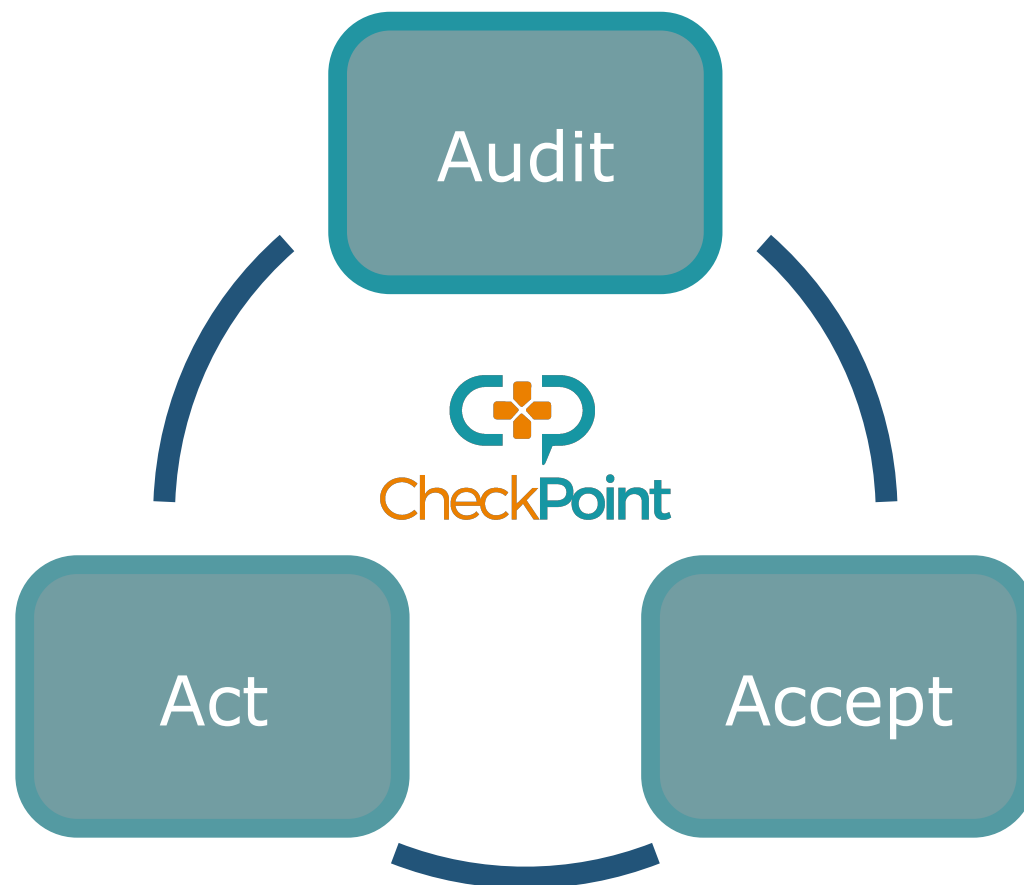


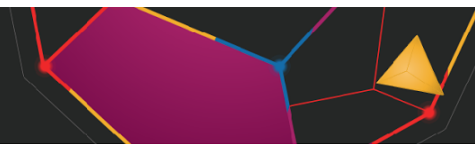
2. The Path to Satisfaction





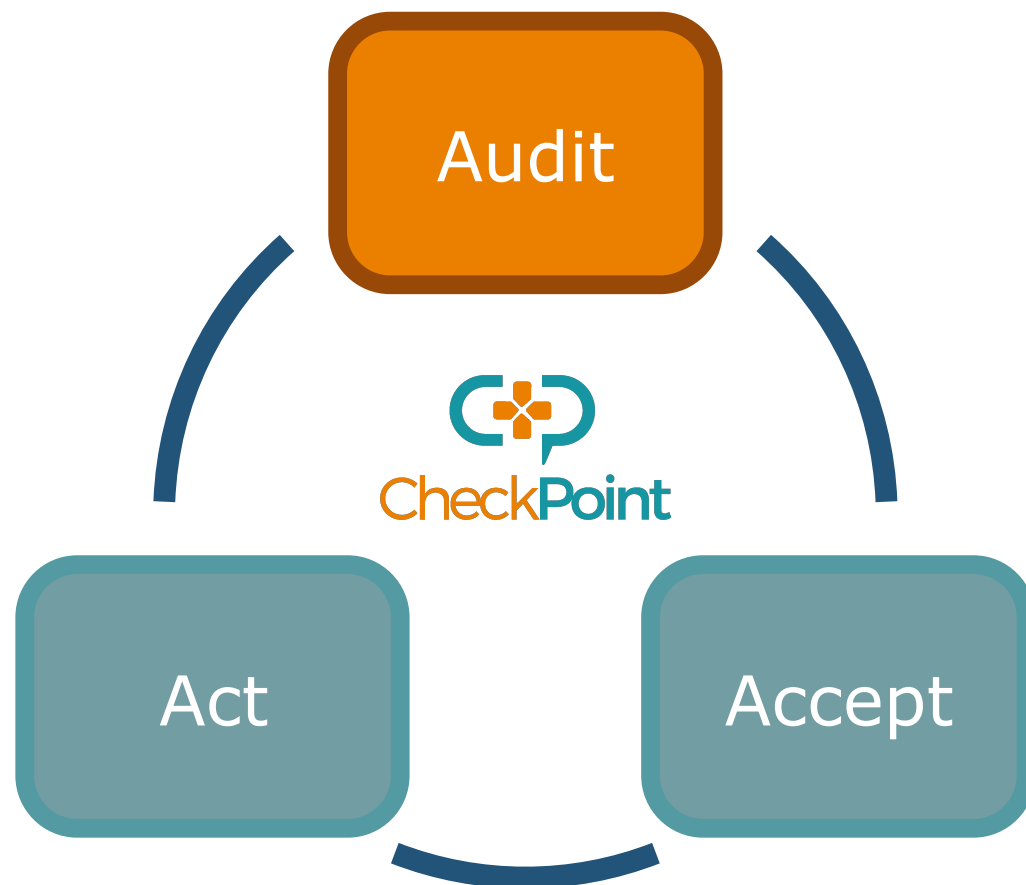
AAA 3-Step Model

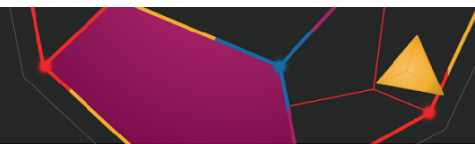




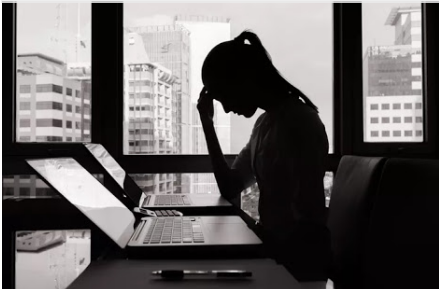
AAA 3-Step Model

- Audit:
 - External
 - Internal
 - Ongoing
 - Transient

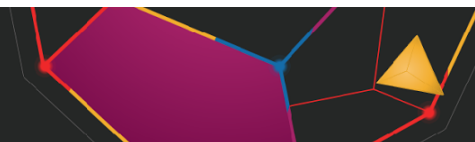




Audit: External - Crunch and Burnout

	Effects on...	The individual	Their output	The company
Symptoms				
Emotional exhaustion		Increased absence	Less productive	Decreased performance
Depersonalisation (feeling cynical and detached)		Increased Lateness	Less effective	Decreased job satisfaction
Low perceived efficacy		Interpersonal conflicts		Higher employee turnover

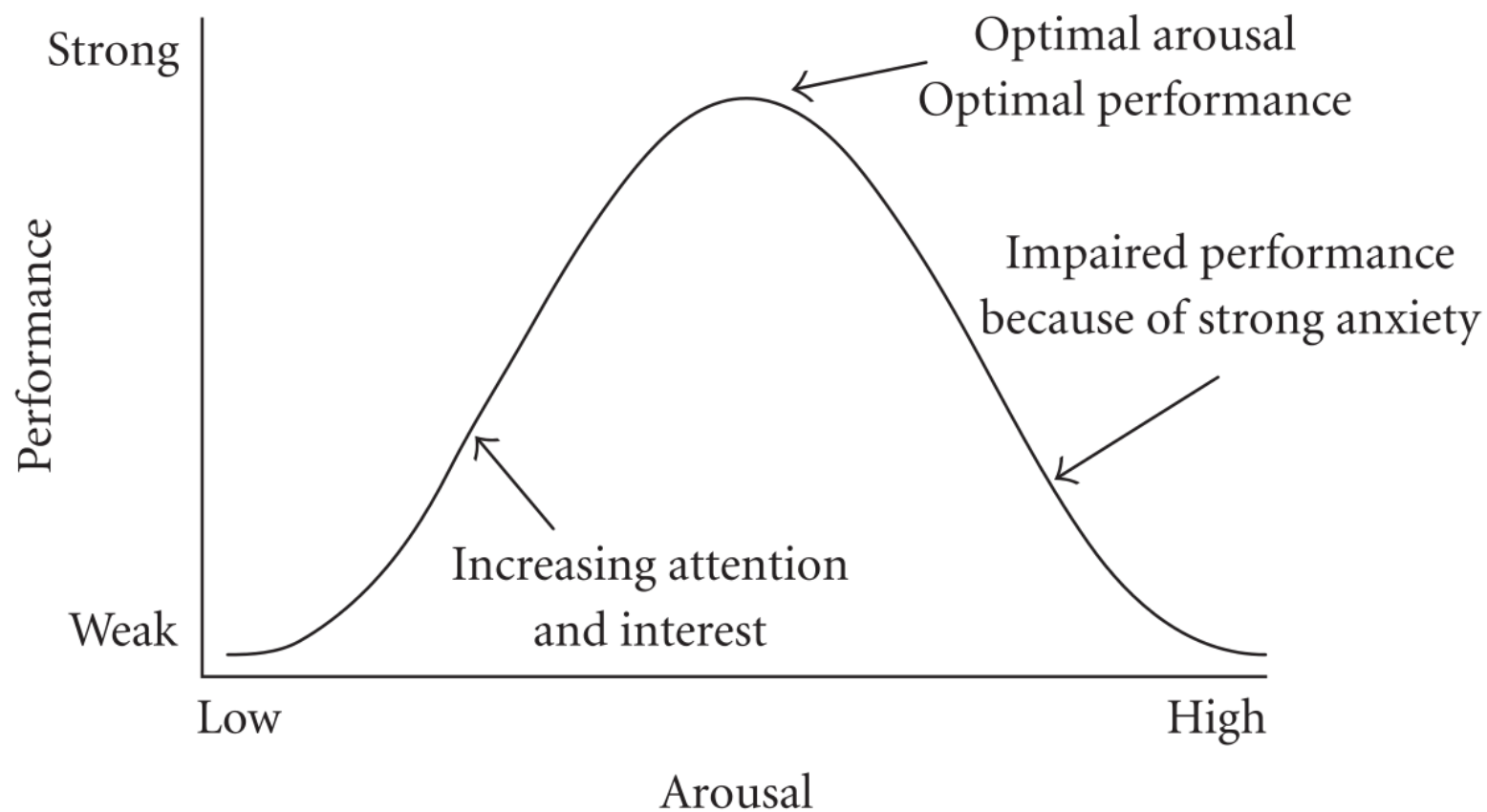
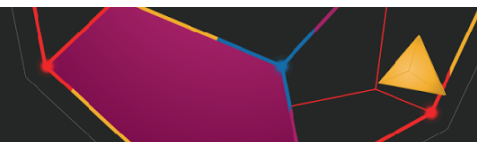




Audit: Internal - Stress

- Stress is a physiological process
 - Your adrenal glands release hormones preparing you to fight, or run away
- Not necessarily situational
 - Think about how you think!
- It can be beneficial
 - Yerkes Dodson Curve



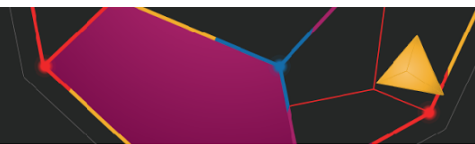




Audit: Internal – Stress (cont)

- Emotional effects
 - Anxiety, rumination, depression, apathy, anger, acopia, loneliness
- Cognitive effects
 - Problems with memory, concentration, judgement, perception
- Physical effects
 - Pain, digestive problems, skin conditions, reproductive issues, frequent illness (cold and flu etc), poor sleep
- Behavioural effects
 - Over/undereating, social withdrawal, procrastination, substance use





Audit: Internal – Coping Styles

- Which coping techniques do you use?
 - Appraisal focused, problem focused, emotion focused, occupation focused
 - Adaptive, attacking, avoidant, behavioural, cognitive, self-harming
- Are they healthy or unhealthy?

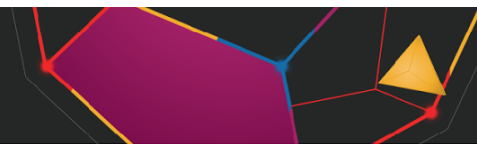




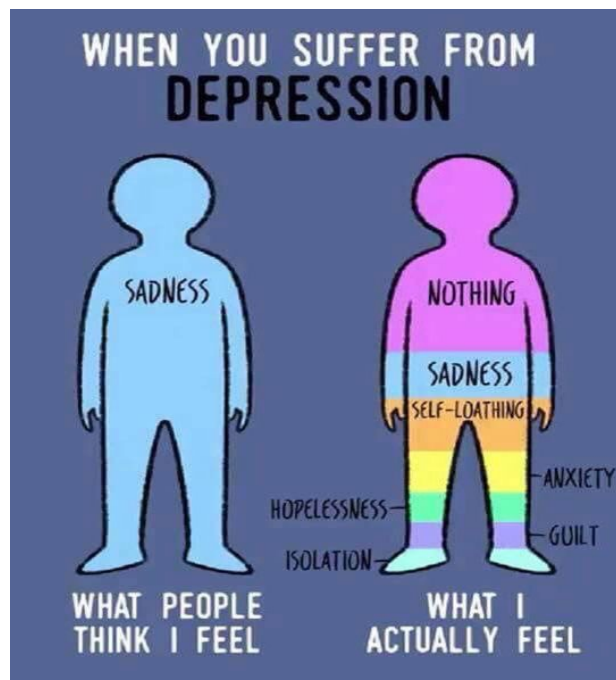
Audit: Internal – Anxiety

- Thought Based Symptoms
 - Persistent worrying, rumination, racing thoughts, irritability, dread, distrust
- Physical Symptoms
 - Palpitations, sweating, breathlessness, tight chest, dizziness, nausea
- Psychosomatic Symptoms
 - Gastrointestinal, gynaecological, neurological, pain disorders



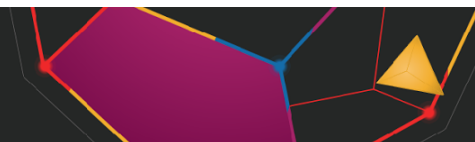


Audit: Internal – Depression

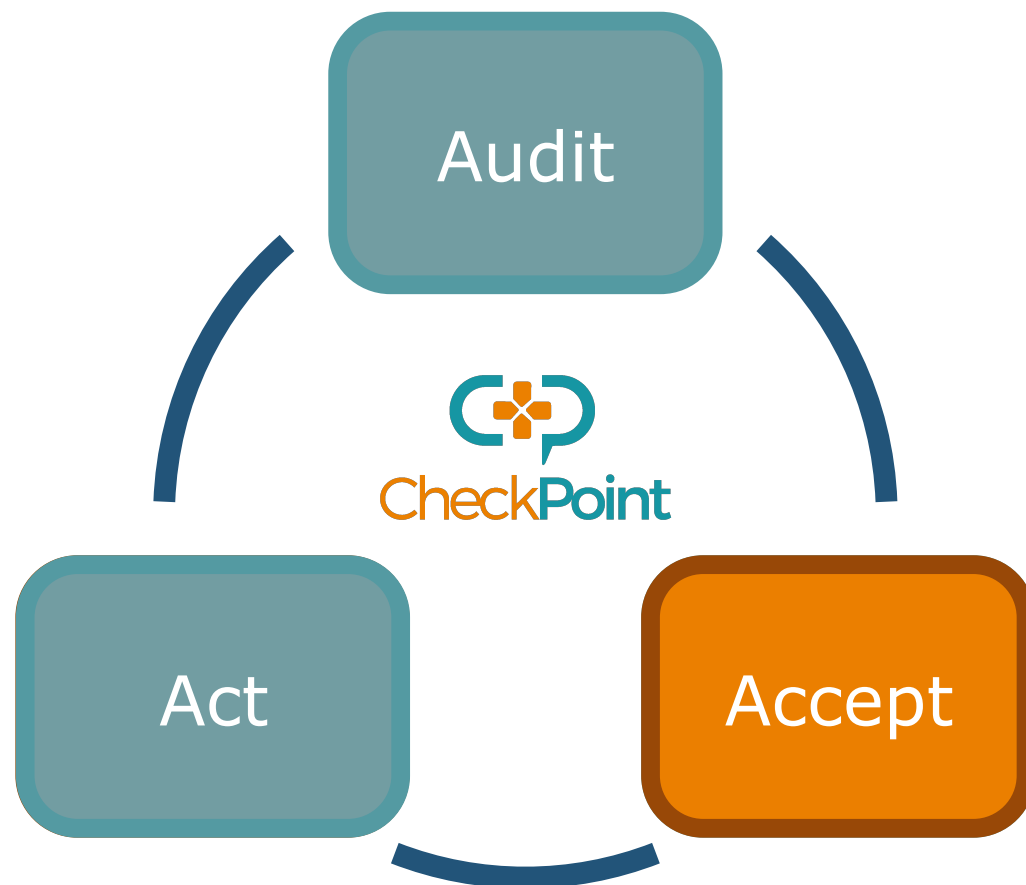


- Persistent low mood
- Not being able to enjoy most things
- Difficulty thinking or concentrating
- Feelings of guilt
- Hopelessness or despair
- Low self-worth
- Poor appetite or overeating
- Insomnia, frequent waking, or oversleeping
- Little motivation to do anything
- Excessive fatigue/lack of energy





AAA 3-Step Model





Accept: Mindfulness



On purpose,

in the present moment,

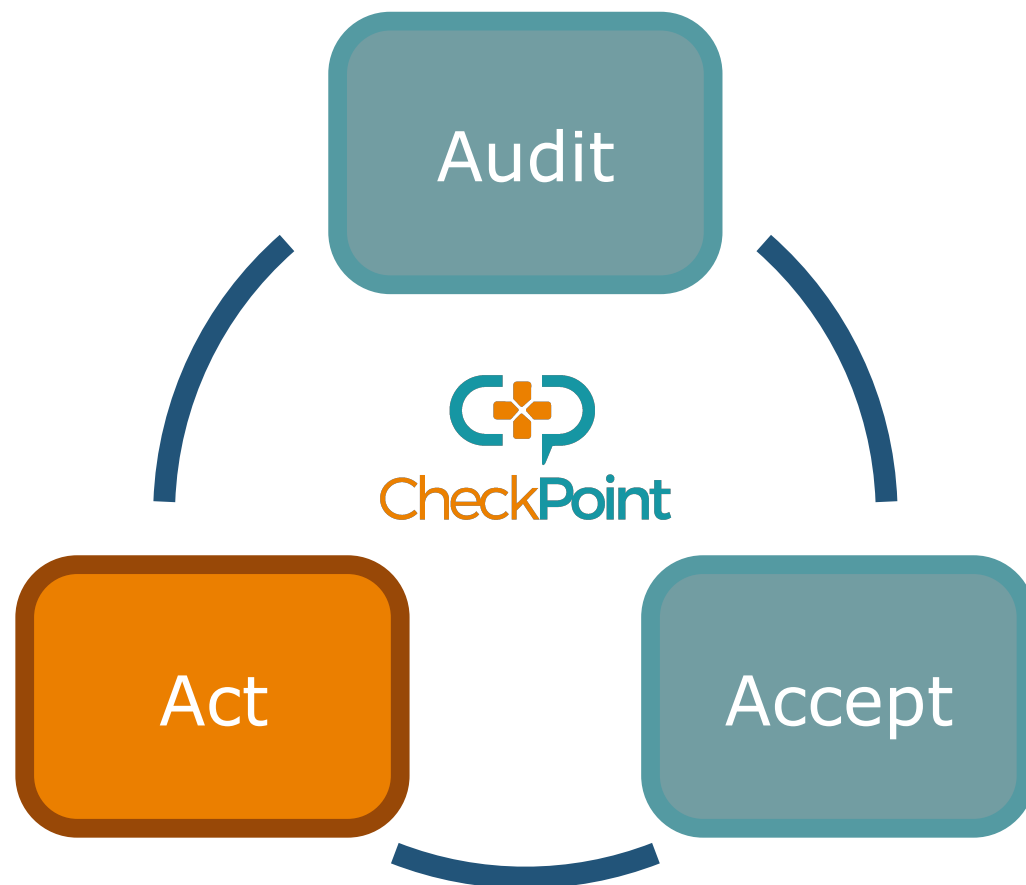
and non-judgmental.

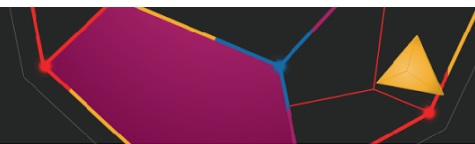


AAA 3-Step Model

Act:

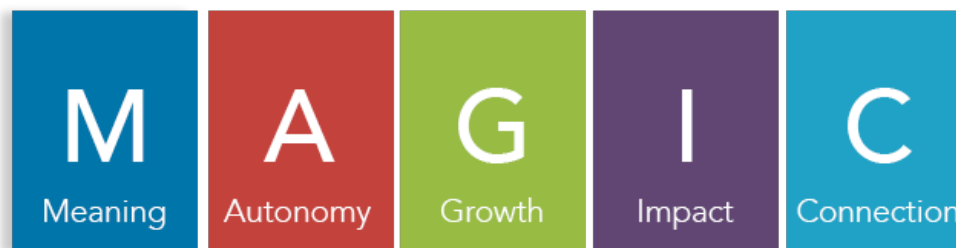
- External
 - Engage Your Studio
- Internal
 - Thought Reframing
 - Thought De-fusion
 - Positive Coping Mechanisms

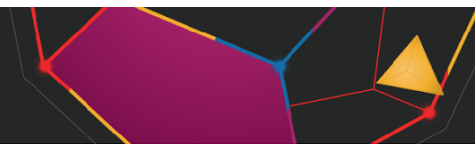




Act: External - Engage Your Studio

- Have a curfew
- Encourage autonomy
- Manage resources
- Ensure consistency of team
- Check in
- Validate - financial, recognition
- Encourage creative personal pursuits
- Have an open-door policy
- Have a mental health procedure
- Develop a referral system





Act: Internal - Thought Challenging

Situation

Two colleagues
are seen talking
and laughing

Thought

They must be
talking about me

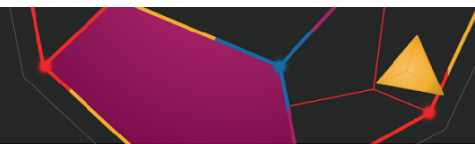
Feeling

Sad
Resentful
Rejected

Behaviour

Drinks alcohol
Snide remarks to colleagues
Avoidance of colleagues





Act: Internal - Thought Challenging

Unhelpful Thought

No one likes me

I failed at this because I can never do anything right

I should always produce my best work

Feelings

Lonely
Unwanted

Worthless
Hopeless

Stressed
Inadequate

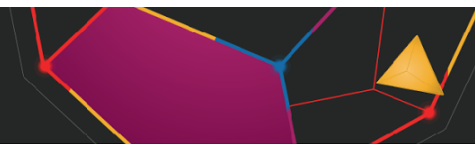
New Thought

Sure, some people don't like me. But that's normal. Others think I'm pretty rad!

I've made some mistakes but a lot of the time, I make good choices.

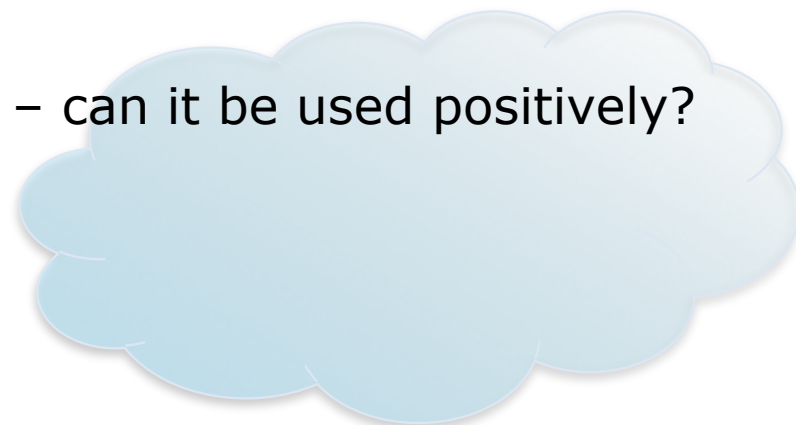
Part of improving is producing work that can be improved. It's unrealistic to expect myself to be perfect all of the time.

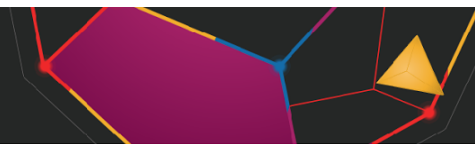




Act: Internal – Thought Defusion

- Being mindful of thoughts
 - Cognitive fusion – when two concepts become linked in our minds
 - Don't think of an elephant
 - Workability of thoughts
 - Not all thoughts are good or bad – can it be used positively?
- Let it go
 - Over 100 different techniques
 - Find what works for YOU

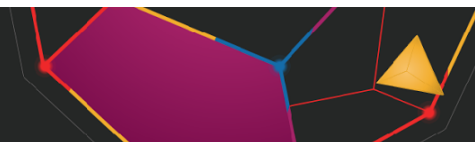




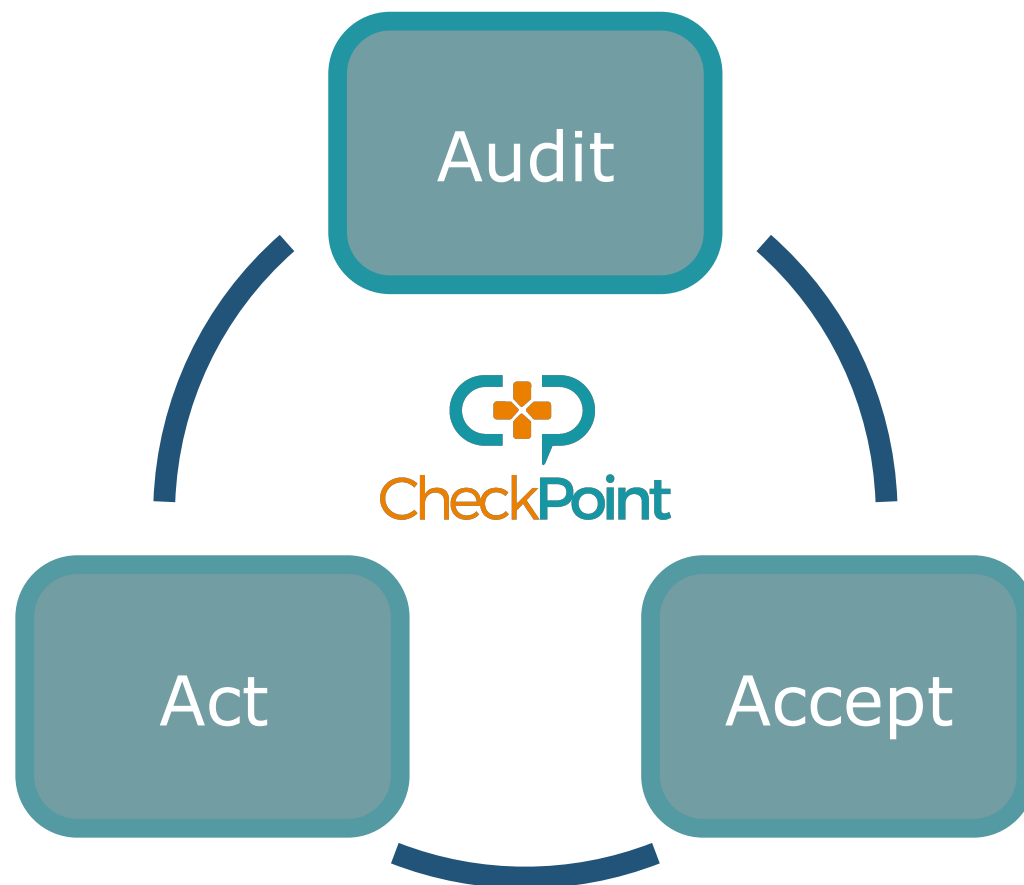
Act: Internal - Positive Coping Mechanisms

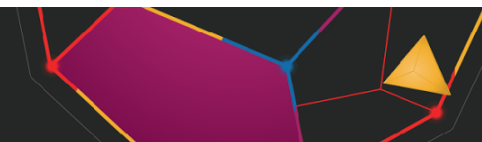
- Positive reinterpretation
 - “Every cloud has a silver lining”, using humour, learning from experience
- Relaxation
- Social support
 - Strengthens resolve, can find productive advice
- Restraint
 - Avoid taking actions that will make it worse. “Sit with it”
- Problem-solving
 - Can include planning, proactive and retrospective
 - Also includes suppression of competing activities





AAA 3-Step Model





Australia

13 11 14
Lifeline Australia

1800 55 1800
Kids Helpline

13 52 47
Samaritans

Emergency Services: **000**

Canada

1-800-273-8255
Suicide Prevention Lifeline

1-800-668-6868
Kids Help Phone

1 866-277-3553
Suicide Action Montreal (Fr)

Emergency Services: **911**

UK

08457 90 90 90
Samaritans

0800 068 4141
HopeLine UK

HelpLines Partnership
Emergency Services: **999**

USA

1-800-273-8255
Suicide Prevention Lifeline

866-488-7386
The Trevor Project (LGBT)

(800) 442-4673
HopeLine

Emergency Services: **911**

New Zealand

09 5222 999 (Auckland)
0800 543 354 (Rest of NZ)

Lifeline New Zealand

Emergency Services: **111**

South Africa

0861 322 322
Lifeline Southern Africa

Emergency Services: **10 177**

Ireland

116 123
Samaritans

0808 808 8000
Lifeline

Emergency Services: **999**

Worldwide

Befrienders

Lifeline International

Online live chat for suicide
prevention:

IMALIVE

7 Cups of Tea

Lifeline Crisis Chat





betterhelp



PsychCentral

Befrienders
Worldwide

volunteer action to prevent suicide



Partnership for
Prescription Assistance

No Shame On U
Mental Shift. End Stigma. Save Lives.



NAMI

National Alliance on Mental Illness



Big White Wall™

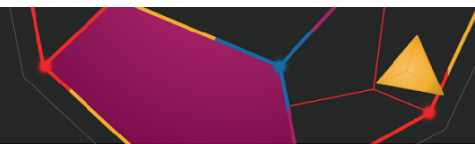


mindhealthconnect
mental health and wellbeing



beyondblue
Depression. Anxiety.





Thank you

Any Questions?

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