



MARCH 18-22, 2024
SAN FRANCISCO, CA

Remotely Possible: Mental Health and Your Work From Home Space

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Wednesday, March 20 | 3:30pm - 4:30pm
Pass Type: All Access Pass, Core Pass, Audio Pass
Topic: Audio
Format: Session

#GDC2024

About Us



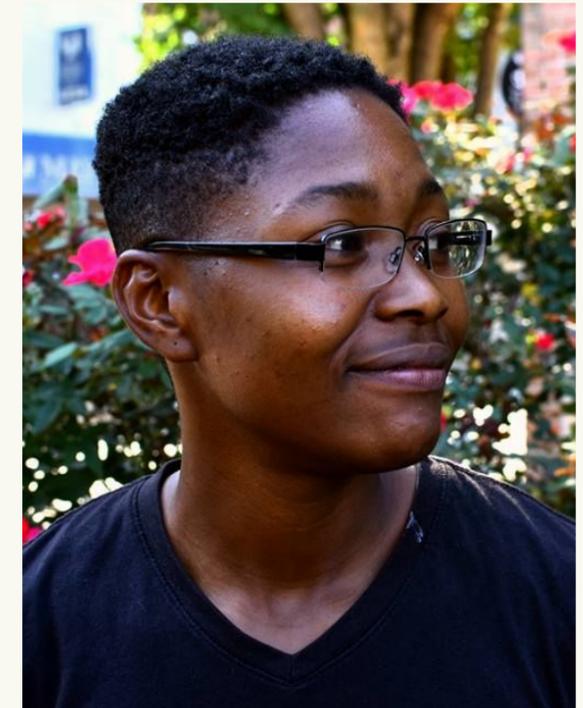
ZW Buckley
he/him



Laryssa Okada
she/her



Katherine Tole
she/they



Jasmine Cooper
she/her

Understanding the Topic

- 01** What does it mean to maintain a distinct separation within your home and the impact that has on work-life balance?
- 02** Navigating struggles with project management while WFH and its effects on mental health
- 03** Habits and rituals to protect mental health during industry turbulence
- 04** Takeaway: Strategies and practices for preventing burnout and striving for a sustainable remote career.

The Home Office

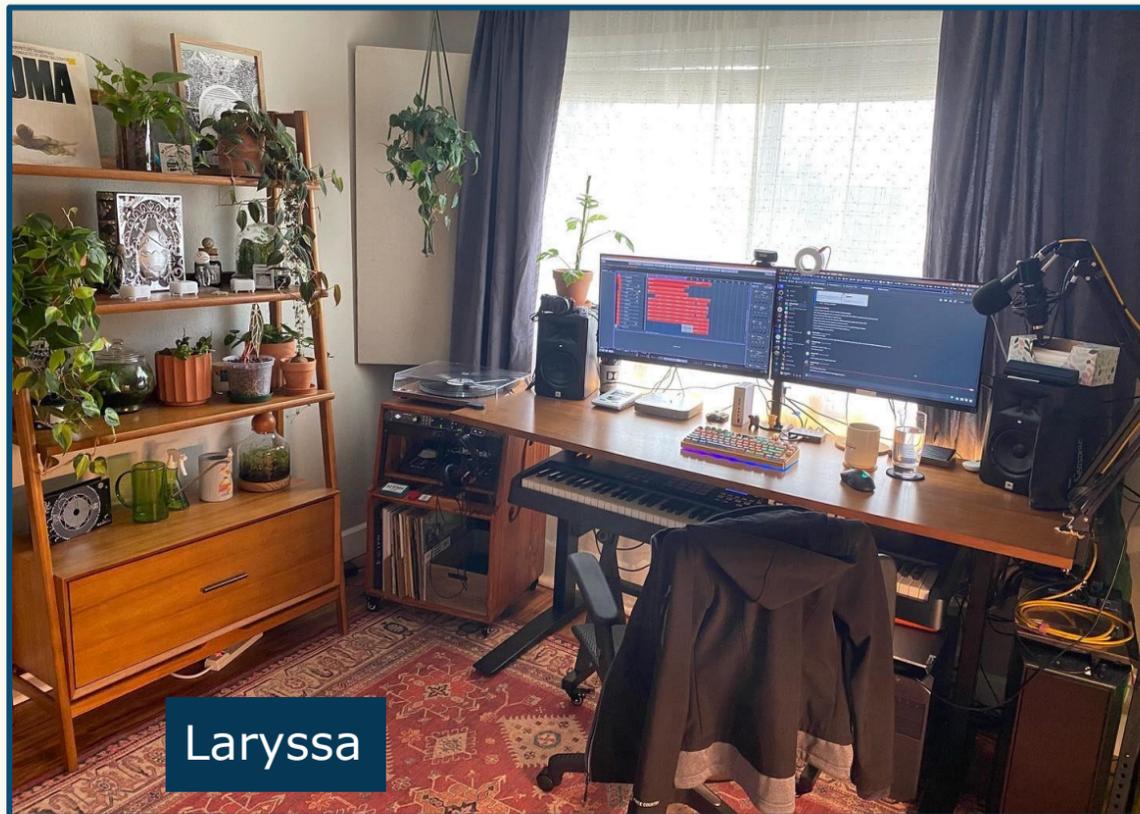
- ❖ Does the way that you keep your workspace play any sort of role in your mental health?
- ❖ Do you have a dedicated work space that is distinct from the rest of your home? If so, or if not, why is that important to you?
 - Retaining a personal sanctuary



ZW



Jasmine



Laryssa



Katherine

WFH: The '9-5'

Boundaries for Mental Health

- ❖ What does your workday look like?
- ❖ Especially when working from home, how do you protect your work/life balance?
 - Everything goes on the calendar
 - Rituals/habits
- ❖ How do you manage time with multiple projects?

WFH: The '9-5' cont.

Boundaries for Mental Health

- ❖ Project management struggles when working remotely
 - Timezones
 - Remaining visible - advocate for yourself and over communicate
 - Re-entering a project state of mind
 - Align on priorities & milestones
- ❖ Whether freelancing or in-house, how do you know what to say yes to and what to say no to?
 - Curating projects you take on
- ❖ How do you balance time spent between projects (e.g. time between the end of one contract and the start of another)?

WFH: Breaks & Clocking Out

Boundaries for Mental Health

- ❖ Do you integrate time away from your computer throughout the day?
- ❖ How do you plan and anticipate vacation/non-work time throughout your year/week?
 - Necessity vs. project milestones
- ❖ How do you keep 'overtime' from getting out of hand?

Protecting Mental Health during Industry Turbulence

- ❖ How do you protect your mental health in these especially turbulent times within the industry?
 - Physical activity
 - Socializing
 - Control how you ingest the news
 - Communal emotional support

Takeaways

- 01** Find what it means to you to curate a 'work-space' vs your 'personal sanctuary'
- 02** Advocate for yourself, maintain a presence among remote teams for a stronger working relationship and enforce boundaries around work hours and hours of rest/relaxation.
- 03** Practice personal rituals, lean on community, and exercise discipline to establish consistency in your working and offline hours.
- 04** Be kind and patient with yourself - accomplish what you can and forgive yourself for what you cannot.

Resources

- ❖ [Freelancing Safeguards - Sergio Ronchetti](https://www.airwiggles.com/c/conference/aircon-vault-2023-freelancing-safeguards-sergio-ronchetti)
(<https://www.airwiggles.com/c/conference/aircon-vault-2023-freelancing-safeguards-sergio-ronchetti>)
- ❖ [Creative Accounting: Audio Services Pricing - Nathan Moody](https://www.airwiggles.com/c/conference/aircon-vault-2023-creative-accounting-audio-services-pricing-nathan-moody)
(<https://www.airwiggles.com/c/conference/aircon-vault-2023-creative-accounting-audio-services-pricing-nathan-moody>)
- ❖ [Preventing Burnout - Rev. Dr. Bradley D Meyer](https://designingsound.org/2017/08/28/preventing-burnout/)
(<https://designingsound.org/2017/08/28/preventing-burnout/>)
- ❖ [How to Build a Strong Game Audio Portfolio - Paul Boechler](https://www.asoundeffect.com/game-audio-portfolio-guide)
(<https://www.asoundeffect.com/game-audio-portfolio-guide>)
- ❖ [Game Audio Learning](https://www.gameaudiolearning.com/learningroadmap#present) (<https://www.gameaudiolearning.com/learningroadmap#present>)
 - [Game Audio Contracts - Duane Decker](https://www.gamedeveloper.com/audio/game-audio-contracts)
(<https://www.gamedeveloper.com/audio/game-audio-contracts>)
 - [Indie Audio Contracts: Compensation & Communication - Richard Ludlow](https://www.gdcvault.com/play/1020375/Indie-Audio-Contracts-Compensation-Communication)
(<https://www.gdcvault.com/play/1020375/Indie-Audio-Contracts-Compensation-Communication>)



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Thank you!

Questions?

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