

Depression-Proof Studio Culture

A How-To for Mental Wellness

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Take This

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MY TALK

common mental health issues

+

how to deal

=

\$\$\$



1 in 4



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Common symptoms:

- fatigue
- nervousness
- withdrawal
- lack of energy
- low motivation
- irritability
- perfectionism



Reasons higher in tech and creativity fields:

isolation

long hours

frequent life changes

timetable stress

changing goals





happy people work harder (12%)*

unhappy people take more sick days

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



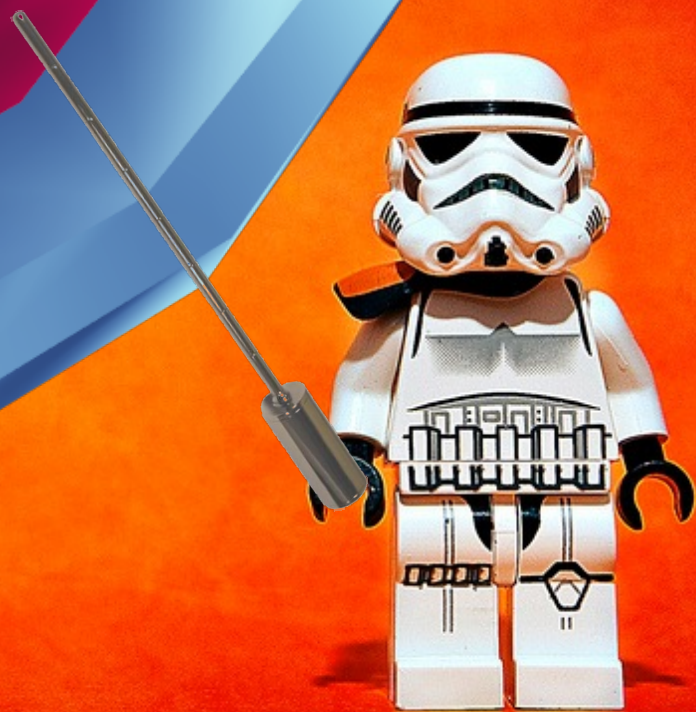
What makes me
such an expert?





Take This

www.takethis.org



It is also a management problem.



How does the workplace contribute?







Toxic Organizational Behavior

Stories from actual
game developers
struggling with mental
health issues.



Stories from actual game developers struggling with mental health issues:

“V”



Stories from actual game developers
struggling with mental health issues:

“Betty”



Stories from actual game developers
struggling with mental health issues:

“Jack”



Stories from actual game developers struggling with mental health issues:

“Ed”



What helps?



YMCA

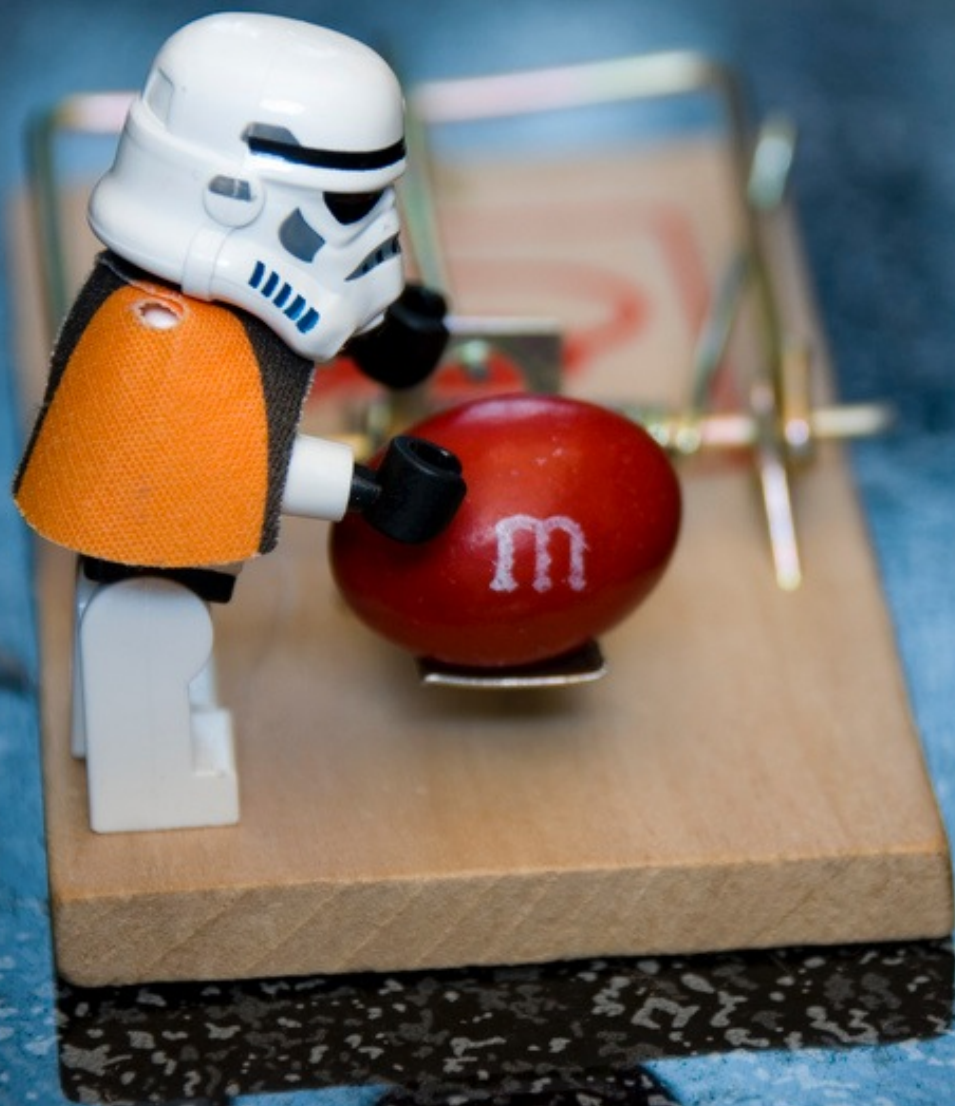
THERE IS ALWAYS HOPE!

10/02/11





Tell me. Maybe I'll help.



What helps
(specifically)?



I'm not a doctor,

but I'll take a look.

take**this**.org



Management solutions.





Team-based solutions.





Don't judge.





Your thoughts betray you.



Individual
intervention.



Individual intervention:

- Treat this seriously.



Individual intervention:

- Do not publicly call them out.
- Speak privately.



Individual intervention:

- Offer help, not judgment.
- Be human.



Individual intervention:

- Consult with HR.



Individual intervention:

- Offer solutions.
- Focus on the work.



Specific individual solutions.





Take control of your life environment.

Take control of your work environment.





Get Help.

How to
help others.



Listening



Ask questions.



It's not about you.



WHO'S AWESOME?

You're awesome.

Don't be afraid
to not know.

I have no idea

whats going on<3



Withhold judgment.



Believe in your friend.





Most important things:

- Be aware.
- Give yourself permission.
- Live for this moment.



I'm really not a doctor!

(but these people are):

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for more info: www.takethis.org

Mental Health in the Studio

with Dr. Raffael Boccamazzo

Day 2

Thursday, 5:30pm

North Hall 124

Day 3

Friday 11:30am

North Hall 125



Citations:

http://www.health.harvard.edu/newsletter_article/mental-health-problems-in-the-workplace

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[http://qz.com/142590/the-six-biggest-mistakes-of-managing-an-introvert/?
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Happy people work harder: [http://www2.warwick.ac.uk/fac/soc/economics/staff/eproto/workingpapers/
happinessproductivity.pdf](http://www2.warwick.ac.uk/fac/soc/economics/staff/eproto/workingpapers/happinessproductivity.pdf)

Medical problem: <http://insightbulletin.com/mental-illness-is-a-medical-problem/>

<http://www.worldpress.org/Europe/3613.cfm>

<http://www.euro.who.int/en/health-topics/noncommunicable-diseases/mental-health>

<http://www.takethis.org/how-to-be-a-friend/>

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

Toxic workplace behavior: http://www.wklf.com/uploads/2/2/8/7/22873172/toxic_organizational_behavior.pdf