

# Stress Management and Handling Impostor Syndrome

By Kolel Pryor

# Who Is This Guy?

- Grew up in the area
  - 4 person household
- Went to Rochester Institute of Technology
  - Studied 3D Digital Design, minor in Game Design
- Returned post-college
  - Insurance desk job ~1 year
  - VR hardware startup
  - Indie VR game studio
- Now
  - 3D Artist at 1st Playable



# What's Stressful About Game Development?

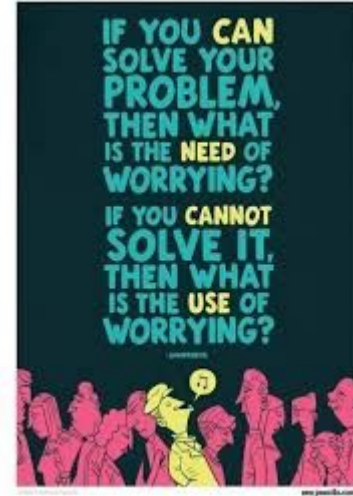
- Budget (Time and Money)
  - Pre-planning scope
  - Cutting things along the way
  - Releasing an “unfinished” product
- Differing opinions
  - Practically guaranteed in any team size
  - Disagree with your past self
- Changing priorities
  - Executive decision to sway focus



Just kidding... kinda

# Ways to Manage Stress

- Compartmentalize
  - Don't let a part ruin the whole
- Step back
  - Observer vs Participant
  - This is games - not nearly life or death
- Pressure makes diamonds
  - If it was easy, it wouldn't be worth doing



# What is Impostor Syndrome?

“A psychological pattern in which an individual doubts their accomplishments and has a persistent internalized fear of being exposed as a ‘fraud’. Despite external evidence of their competence, those experiencing this phenomenon remain convinced that they are frauds, and do not deserve all they have achieved.”

- [Wikipedia](#)

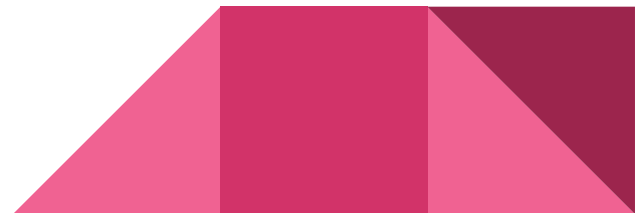


# Fighting Back Against Impostor Syndrome

- You and your accomplishments matter
  - “Deserve” is a bad word
- Acting
  - Embrace the “impostor” part
  - Imagine a “real” game developer
  - Fake it ‘til you make it



If everyone's an impostor...



# Now What?

- No cheat code
- Chronic struggle
  - Practice resisting
  - Be your own teacher
- Make games, have fun!



[Wolf Story](#)



Questions?