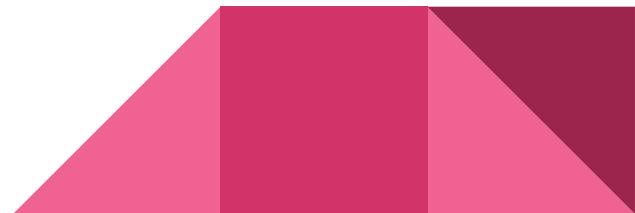


Stress Management and Handling Impostor Syndrome

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?