

Mental Health, Communication, And Morale

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Main Ideas:

- The importance of emotional control
- How to use communication efficiently and effectively

- Why do we get angry?
- How can things from real life and in-game affect your mental state during a game?
- When you realize something is wrong, how do you improve?

Effective Communication and/or Maincalling

- Being able to maintain calm and controlled in tough situations.
- Ability to listen to others give their own comms
- “Clear comms” when things are going wrong, people are experiencing tilt
- Have confidence in yourself!
- *And* in your teammates!
- Keep going, even if you are not winning. **Never** give up!



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- All Tires Full
- All Windows
- All Doors
- All Locks
- All Brakes
- All Fluids



NO GREEN LIGHT

THE GREEN LIGHT
LIVE IN THE
THE GREEN LIGHT

20 10 100 100
100 100 100 100
100 100 100 100

Communicate/Calling

- When giving comms, make sentences short and concise.
- If someone's mic is too loud/quiet, adjust their volume on discord accordingly.
- Don't get too heated when saying things.
 - Urgency is fine, but tilting is not.

Try to shorten what you say, and correctly.

- “Med hit 80” instead of “Med 1 health”
- “Scout bleeding” instead of “I hit the scout with the wrap assassin”

How Emotional Control relates to Communication

- How can you play at your best if you can't control your emotional state?
- Losing -> Getting Angry -> Making worse calls -> Playing Worse -> Repeat
- Learn to “cool down”, stop from being impulsive in plays
- Acknowledge when you are starting to feel tilt
- Refrain from overly negative comments, or talking down for your teammates inabilities.



What can Impact your Mental State?

- Can be caused both in-game and out of game
 - Video games serve as an escape from the real world, but problems may still come through.
 - A bad game, nasty interactions with others online can change your perception.
- Learn to try to set your own personal difficulties aside when playing (easier said than done)
- Be mindful of others and what they may be going through.
- Give criticism, not toxicity

Changing your Mental Fortitude (and maybe performance)

Simple things that can improve your overall mood and gameplay:

1. Eat well! Drink water. Being hangry doesn't help
2. Don't slouch, play in a nice position
3. Have a good amount of sleep
4. Get some exercise, go to a gym!
5. Touch grass. Idiot.



Building Team Chemistry

- To be in a healthy environment, try to build team chemistry.
- **How can you trust your team if you don't understand your teammates?**
- Talk outside of just scrimms, learn about each other, playstyles, what they enjoy in the game
- Play casual together, MGE, do funny stuff. It goes a long way.
- Learn their voices.
- Be more open to your teammates. Show that you are **not perfect**, but you still want to **improve**.



Ego, and Negativity Towards Teammates

- Some people feel that they are “better” than their peers - BAD MINDSET
 - Everyone is here to improve. You may be better mechanically, but you are not “better” as a teammate.
- Ego is a good thing to have; just not too much
- Don't blame others for your own shortcomings and missteps.
- Ask yourself how you can improve, give self-criticism and reflect on your actions
- Listen to the complaints of your teammates clearly.

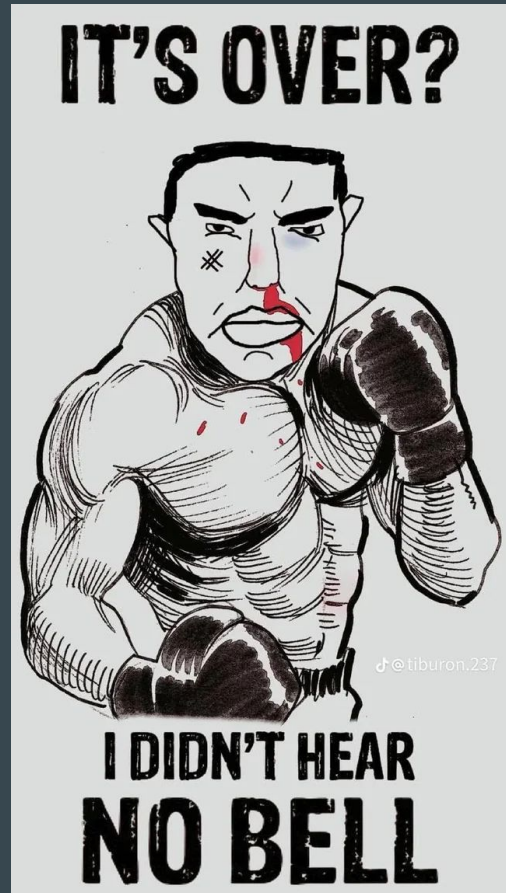


Lack of Ego, and High Negativity to Self

- Being selfless is good. Always being harsh on yourself is not.
- Don't always be hard on yourself. Not everything is your fault
 - Some elements are out of your control. Your teammates may have also done the wrong things
 - A feeling of a lack of control (can be in-game or in real life) can cause feelings of helplessness, a lack of self-esteem.
- Stop caring about the score MIDGAME.
 - Care about your logs after the game. Unbind your tab key.
- Try to live for the small victories, find small bits of optimism
- “Falling down is an inevitability. Getting back up is a requirement.”

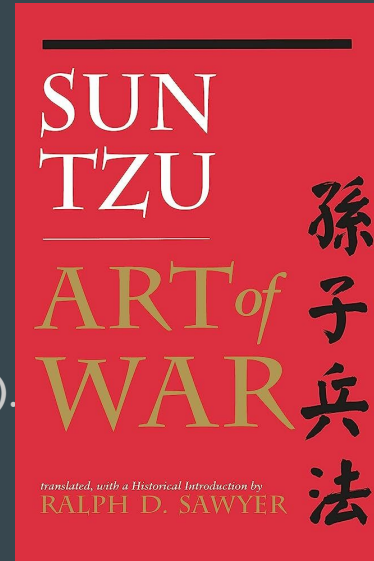
Harmful Mindsets

- Learn to realize that you won't always win, nor will you always lose.
- Superiority Complexes
 - You are not entitled to a win, and you should not think that you are better than the other team.
 - You will not lose because of your teammates. We all make mistakes, including ourselves.
- Growth does not happen instantly. Rome wasn't built in a day.



Harmful Mindsets, Continued

- We can sometimes see that the enemy team uses “stupid” tactics or does things that shouldn’t work, yet go unpunished.
- Learn on how to counter “stupid” tactics, or one-up them.
- Learn how to handle playing around offclasses.
- Don’t get trash talk, or taunting get on your nerves.
- Let you and your teammates dictate your game, not the enemy.
- “Defeat the enemy with their ego.” - Sun Tzu (probably)
- “You either shit in the sink, or sink in the shit.” - Sun Tzu (definitely).



YEAH YOU MIGHT HAVE LOST TODAY



**BUT THAT'S ANOTHER REASON TO WIN
TOMORROW**

Competitive vs. Fun Mindset



- Learn to find a balance between competitive gameplay and having fun.
 - Too much fun, and it hampers your overall teams performance, cause tilt towards teammates, no incentive to improve.
 - Too competitive can cause you to get tilted, too serious, not understanding of others, less willing to do different tactics.
- We're here to take the game to the next level and improve our own mechanical skills.
- Enjoy the process, go through trials and tribulations, make friends, do some silly stuff.



The Path of Improvement

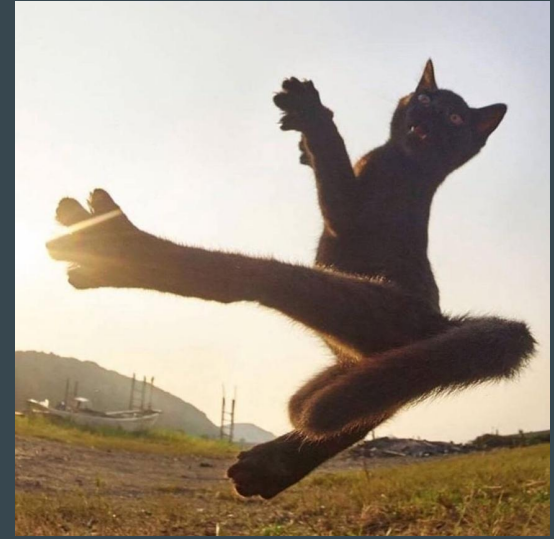
- Your mental fortitude and state are a balancing act.
- Be open to getting criticism, don't be afraid to give criticism
- Work on how you conduct your comms with teammates.
- Work on your general attitude coming into the game.
- *Take a chill pill, bro. Like, it's not that complicated, dude.*
 - Remember that it's just a game. Take it serious, but don't make it everything.
- Progression isn't a linear line. It can come quickly or slowly.
- *Again, Rome wasn't built in a day.*
- "Check yourself before you wreck yourself" - Ice Cube

"Clutch or kick"



The Path of Improvement, Continued

- Sometimes, it just happens.
- Understand what is and isn't in your control.
- Learn to laugh at silly plays. In moderation.
- Create meaningful connections both with teammates
And enemies.
- When things get bad, don't be afraid to step back, collect your thoughts, and step back in.
- Don't always look back at your wrongdoings. Instead, look forward on improving yourself.

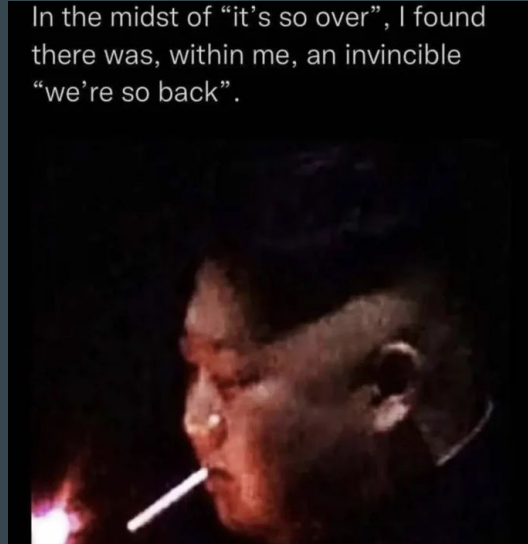


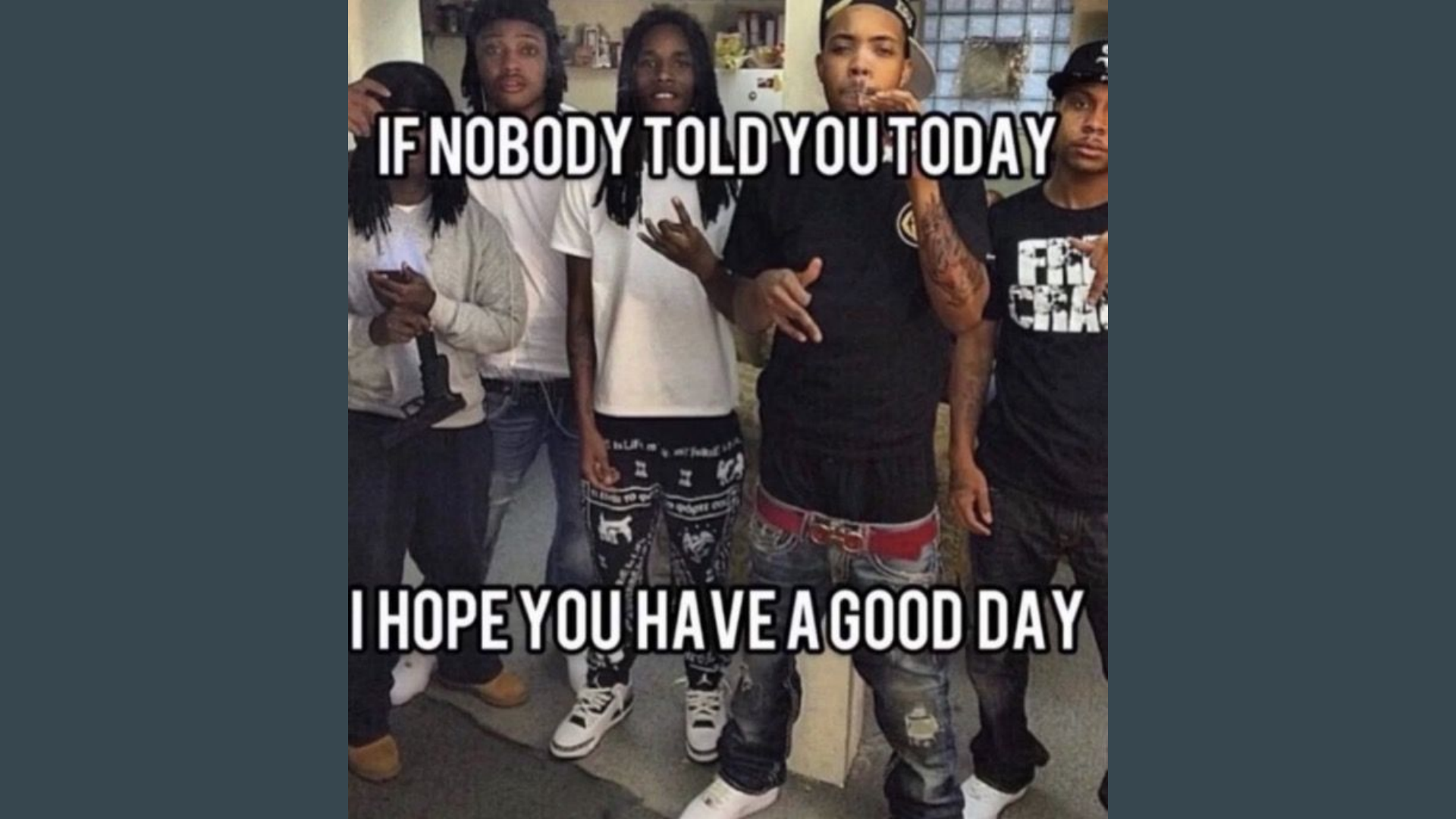
Final Thoughts

- Competitive TF2 (and games in general) is:
50% Your Mechanics

50% Your Communication Skills,
Emotional Control, and Mental.
- Give and take constructive feedback. Look out for your teammates, and look out for your own physical and mental health.
- Play your best, but understand that it's a game.

In the midst of "it's so over", I found there was, within me, an invincible "we're so back".





IF NOBODY TOLD YOU TODAY

I HOPE YOU HAVE A GOOD DAY

**EVERY TIME YOU ARE TEMPTED
TO REACT IN THE SAME OLD WAY**



**ASK YOURSELF IF YOU WANT
TO BE A PRISONER OF YOUR
PAST. OR A PIONEER OF YOUR FUTURE**