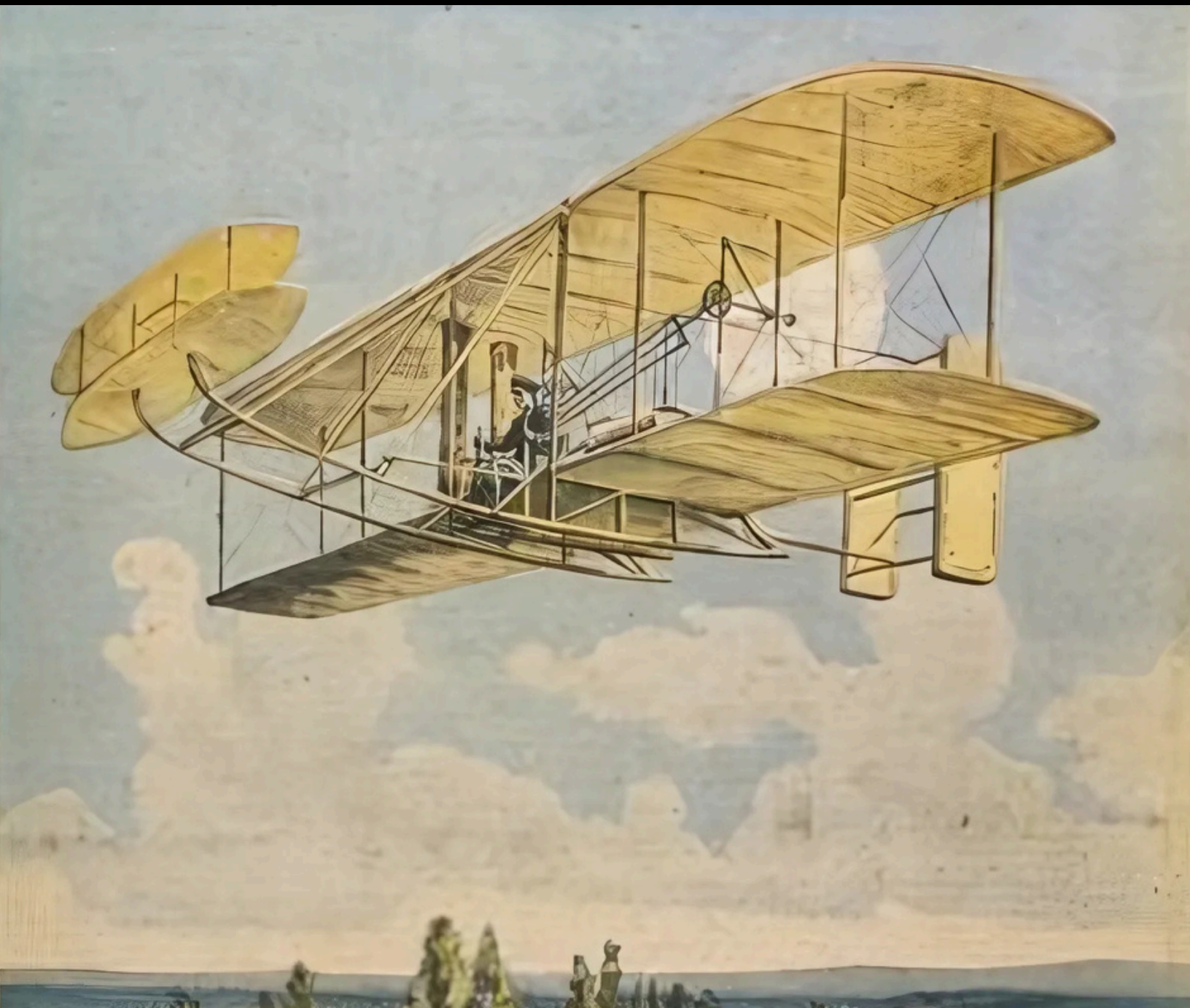




MENTAL HEALTH AWARENESS MONTH

**For the Ones Figuring It Out As They Go**  
**(You're in Excellent Company)**





# For the Ones Figuring It Out as They Go

*(You're in excellent company.)*




Being new, flying solo, or just trying to stay afloat in this industry without a map? It's a ride. One minute you're rewriting the same sentence five times, the next you're spiraling over a Slack emoji.

This week's spotlight is for the self-starters, the quietly overwhelmed, and the ones building creative careers without a corporate safety net. Because let's be honest: no one's got it fully figured out.

Inside this brochure, we're digging into the very real mental health challenges that come with the job:

- A breakdown of creative imposter syndrome (and how to quiet it)
- The toll of remote-work loneliness and how to reconnect
- A closer look at perfectionism and whether it's helping or hurting your work
- 5 mindset shifts to help you reset your career without burning it all down

## You'll also find:

-  A podcast that normalizes false starts and creative detours
-  A TED Talk that swaps the pursuit of happiness for something more grounding
-  Visual reframes to keep your mindset moving forward, not stuck in self-edit

**This isn't about having the perfect plan. It's about staying in motion even when the path feels murky. Because figuring it out as you go still counts. And you're not doing it alone.**



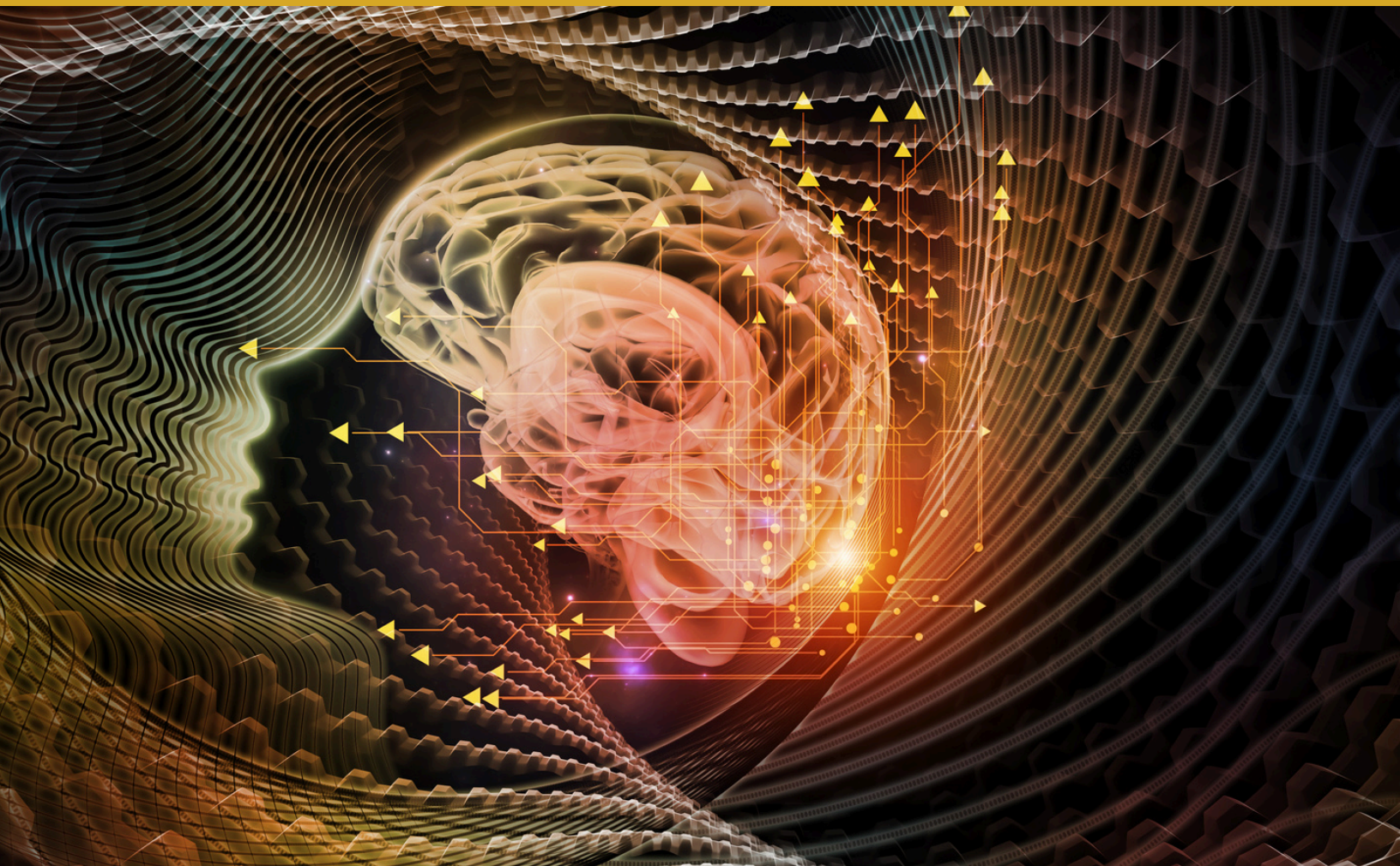
# MIND OVER CHATTER

## Mindset Shifts for the Ones Figuring It Out

Creative careers aren't linear. Some days you're flowing. Other days, you're spiraling over a Slack notification, questioning your talent, or wondering if it's just you.

This week's reading list tackles imposter syndrome, perfectionism, remote-work isolation, and the career ruts that don't show up on LinkedIn. These aren't just productivity hacks, they're reframes for your mindset, your work, and your well-being.

Sometimes moving forward means having a better story to tell yourself.



The background image is a composite. At the top left is the 'SCHOOL OF MOTION' logo in white, with a stylized mountain icon above the word 'OF'. Below the logo is a laptop screen displaying a motion graphics software interface. The interface includes a central preview window showing a wireframe of a bridge, a timeline at the bottom, and various toolbars and panels on the sides. In the foreground, a person's hands are clasped together, resting on a dark, textured surface that looks like a blanket or a rug. The overall color palette is muted, with greys, blacks, and dark blues.

**SCHOOL  
OF MOTION**

# Overcoming Creative Imposter Syndrome

Feel like everyone else knows what they're doing and you're just winging it? You're not alone and you're definitely not a fraud. This read from School of Motion breaks down creative imposter syndrome and gives you real, relatable ways to quiet the self-doubt and get back to making.

[Click here to dive in](#)





# How to overcome Remote Work Loneliness

Working from home has its perks until the isolation starts to hit. This piece from DDI dives into the quiet epidemic of remote-work loneliness and why it's more common (and more fixable) than you think. If you've been feeling disconnected lately, this one's worth a read.

[Click here to dive in](#)

Psychology Today

# Does Perfectionism Kill Creativity or Feed It?



Can perfectionism fuel creativity or slowly crush it? This Psychology Today article explores the double-edged sword of perfectionism in creative work, and what happens when the drive to “get it right” starts getting in your way. If you’ve ever scrapped a project because it didn’t feel perfect, this one’s for you.

[Click here to dive in](#)

A hand holding a crystal ball that reflects a sunset over a body of water. The scene is bathed in warm, golden light from the setting sun, creating a serene and contemplative atmosphere. The crystal ball acts as a lens, focusing the light and creating a bright, shimmering reflection of the sun and the horizon.

*Freestyle Careers*

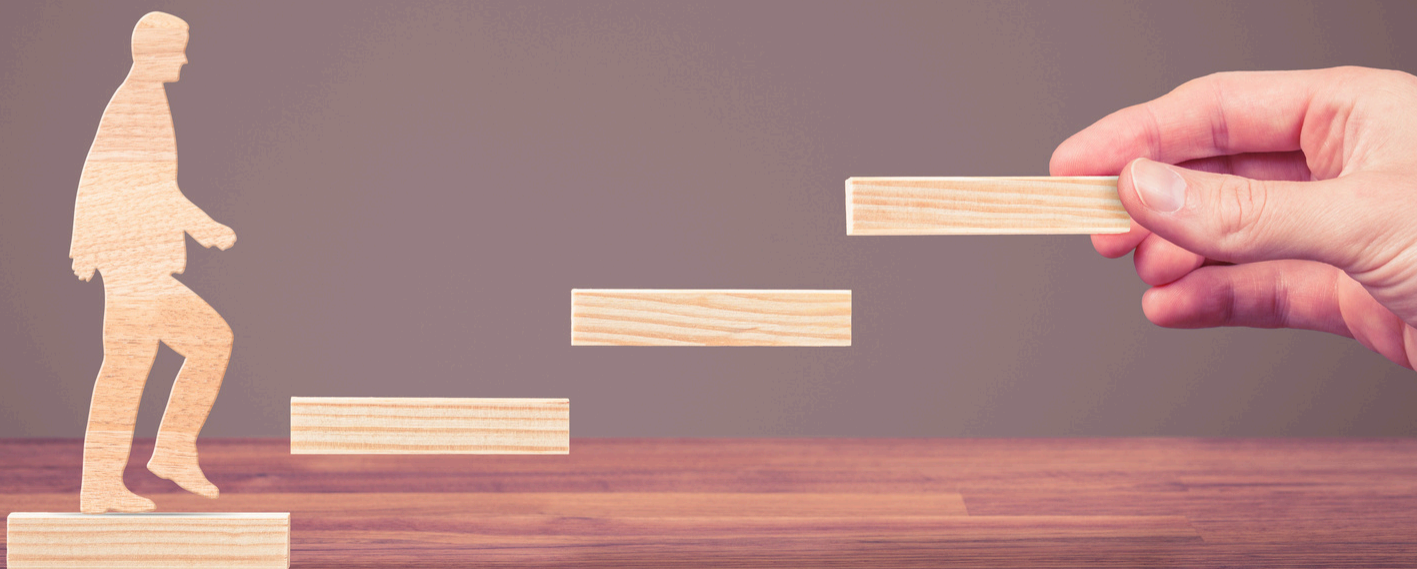
# 5 Mindset Shifts in 2025 To Reset Your Career

Feeling stuck or out of sync with your career goals? This fresh read from Freestyle Careers breaks down 5 mindset shifts for 2025 that'll help you reset your direction without burning it all down. If you're craving clarity, confidence, or just a smarter way to move forward, start here.

[Click here to dive in](#)

# SCENE OVER SPIRAL

This section is here to help you shift the scene: from chasing flawless outcomes to embracing the process of growth, reinvention, and meaning-making. Whether through stories of imperfect progress, unexpected detours, or redefining success itself, these picks are your permission slip to move forward without having it all figured out.





# Reframing the Render



## **Becoming > Backtracking.**

You're not falling behind, you're unfolding. When everything feels uncertain, your brain loves to replay old mistakes like they're still relevant. But growth doesn't live in the reruns. This week, try shifting your focus from what you should've done to who you're becoming.

# Podcast Spotlight

## *Good Enough for Now*

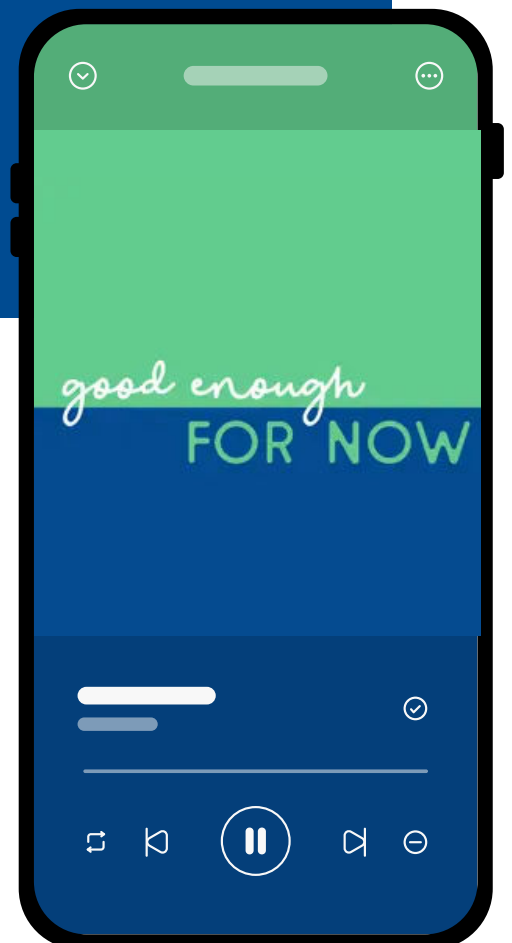


good enough  
FOR NOW

*Good Enough for Now* dismantles perfectionism by sharing stories of people figuring out their lives outside conventional notions of success.

Luminaries, leaders and friends tell their stories of false starts, unexpected detours, speed bumps, and reinvention from the chapters of life that are all too common and less often shared.

<https://podcasts.apple.com/us/podcast/good-enough-for-now/id1640319534>





# Video Spotlight

*TED Talk: There's more to life than being happy*



If you've ever felt like chasing happiness isn't cutting it, especially while trying to build a creative career on shaky ground, this one's for you. In this TED Talk, writer Emily Esfahani

Smith explores why meaning, not just momentary happiness, is what helps us stay grounded when everything else feels uncertain. For the ones still figuring it out, these four pillars of a meaningful life offer something solid to hold onto.

[https://www.ted.com/talks/emily\\_esfahani\\_smith\\_there\\_s\\_more\\_to\\_life\\_than\\_being\\_happy](https://www.ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy)

# VES BACK POCKET SURVIVAL KIT


**Figuring it out shouldn't mean doing it alone.**

Whether you're navigating self-doubt, burnout, or the creative chaos that comes with building a career without a roadmap, the VES Member Assistance Program (MAP) is here to help. From emotional support to practical tools, MAP offers free, confidential resources to back you up—because asking for help is part of the process, not a sign you're failing.





# VES Member Assistance



[Awards](#) ▾[Events](#) ▾[Media](#) ▾[Sections & Committees](#) ▾[Membership](#) ▾[Archives](#) ▾[VFX Resources](#) ▾[About](#) ▾[🔍](#)

## VES Member Assistance Program


[Home](#) | [VES Member Assistance Program](#)

The Visual Effects Society is pleased to offer a valuable new membership benefit – the VES Member Assistance Program by TELUS – a confidential support service that can help you solve a wide range of problems and challenges at no cost to you.

### Get the support you need, the way you want it.

The Member Assistance Program offers timely, qualified assistance and support to help manage all of life's complexities 24 hours per day, 7 days per week. You can take advantage of private one-on-one counseling services, tap into a wealth of resources on the TELUS website, attend webinars and events on various life concerns and so much more!

Message From Health & Wellbeing Co-Chair Emma Clifton Perry



The VES Member Assistance Program is a free, confidential resource available to all members designed to support your mental, emotional, and professional wellbeing.

Whether you're dealing with imposter syndrome, creative burnout, loneliness, financial stress, or just a rough patch, MAP connects you with 24/7 access to:

- Licensed mental health counselors
- Legal and financial consultations
- Work-life support services (childcare, eldercare, relocation help, and more)
- Personalized referrals for ongoing care
- Online tools and content to help manage stress, build resilience, and feel more in control

You're not expected to have it all figured out. And with MAP, you don't have to go it alone. [Click here to visit the page](#)