

NOT GOOD ENOUGH: ON LARP AND SYSTEMIC ANXIETY

NORDIC LARP TALKS 2019

MURIEL ALGAYRES

Not good enough? Motifs in anxiety

- As player
 - As organizer
- General performance stress and stage fright



How common is it?

- Post larp war stories
- Running similar games at the same time
- People hugging at the end of the larp
- Writing your own character
- Performance anxiety
- Larp criticism
- Introversion



We acknowledge it, but how systemic is it?

Individual issue

- Internal sources of anxiety
- A subjective emotion
- Individual responsibility to handle your issues

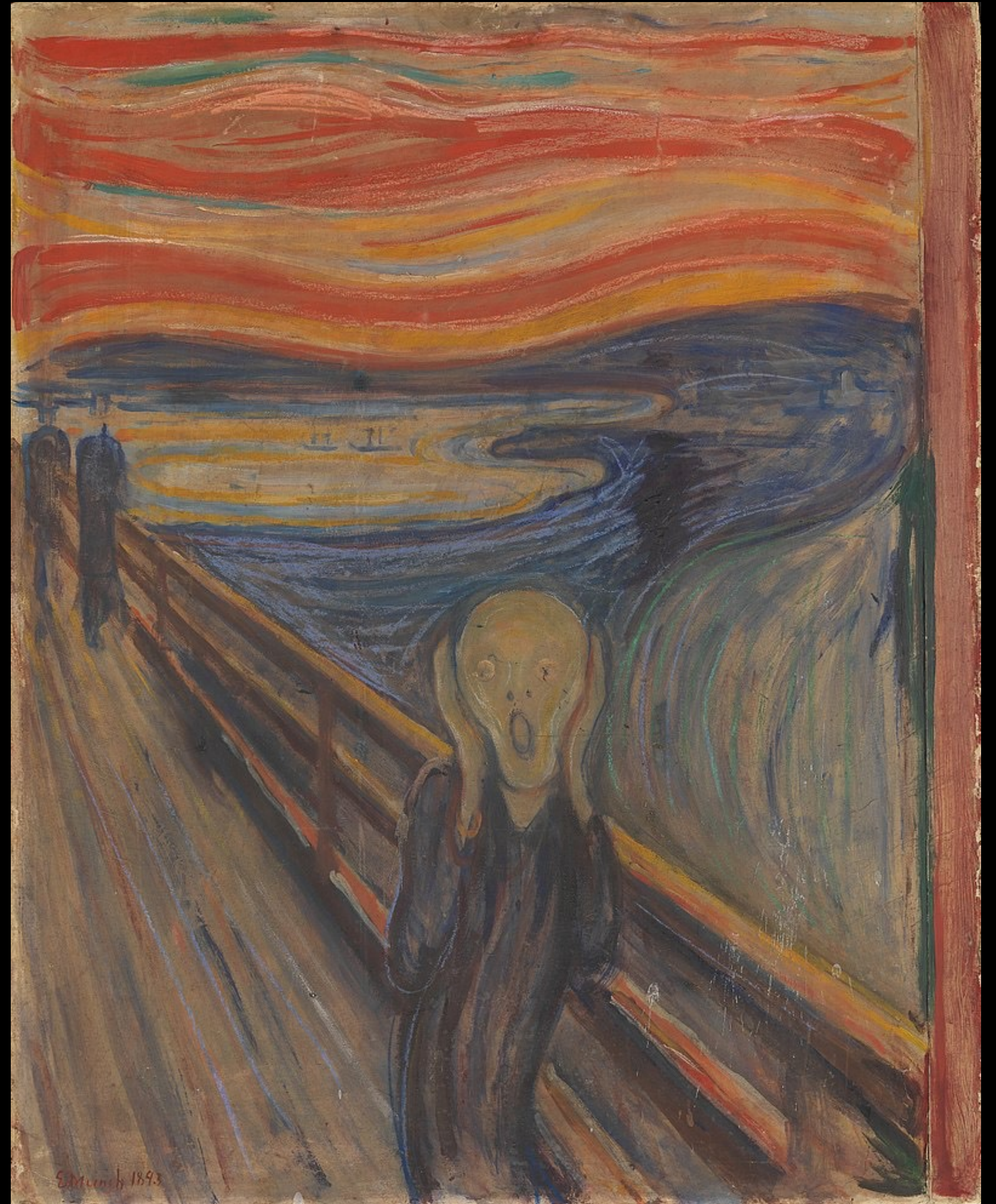


Systemic issue

- Something that is spread throughout, system-wide, affecting a group or system

The discourse

- Larp as art
- Art as performance
- Larp criticism
- Larp reputation



Solutions?

- Clear communication and guidelines
- Fulfilling physical needs
- Positive reinforcement
- Dedicated emotional safety person
- Delegating chores/more support staff
- Hype management
- Use a different communication platform



Elin Dalstål

Admin · 22 mars 2018

Just playing around with an idea.

How would you design larps for emotional/mental/physical resilience? So that players can do more and/or handle more they usually can? Be better at handle different sources of stress and recover afterwards?

(I am not saying this is a good idea, or bad idea, just an idea to play around with.)



28 commentaires

The player is more important than the game...

You will always be good enough for the game

Thanks for your attention!

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