

## COLUMN



# Why this year's about me

CA's operations editor **Rosie Hilder**  
on why she's prioritising her wellbeing

**E**very year, I make the same new year's resolution: to stop biting my nails. I then badly

paint my poor stubs for about a week until my boyfriend complains of the smell of nail polish remover and I have an excuse to give in.

This year, I'm not bothering with the facade. I've finally accepted that biting my nails is linked to anxiety, and if I've got any hope of growing them, I'd better address the underlying issue instead.

Like many creatives, I'm a perfectionist, and this urge for perfection is both a blessing and a curse. While it means I strive to do the best job I possibly can, sometimes I completely lose perspective. My nightmares are made of misplaced apostrophes, misspelt names and unchecked facts. Just the thought of a past mistake is enough to send me on a spiral of despair, and while I know I'm good at my job, all it takes is one error and I'll disregard a whole project as a failure.

That creative drive also means I get obsessed easily. I get so gripped by an idea that I find it hard to think or talk about anything else. The problem for me comes when my sleep is disturbed – that's my red flag, and I have to remind myself to do something about it before the obsession quickly becomes sleep itself. How many hours did I get last night? Why did I wake up at 3am? Can I get away with cancelling

everything until I get a solid eight hours? (Sorry people with young children, but some of us are still chasing that dream.)

The more I talk about this, the more I find that it's not just me. I've also come to realise that while some of my best ideas have been in the middle of the night, I'm perfectly capable of thinking and creating during working hours, as long as I'm well-rested. A surplus of ideas is useless if you're too tired to execute them properly.

I think we all need to remember that however important we think our work is, a job is just a job. It's not worth losing sleep over. It's not worth working yourself to the bone and neglecting everything and everyone else, not worth feeling the need to check your emails outside of work hours. Most of all, it's not worth neglecting yourself.

That's why this year, my new year's resolution is to make a conscious effort to tackle my anxiety head on, and give myself both the time and space to do so, regardless of the state of my nails. I'm determined to take more care of myself, to take a step back when I feel things getting on top of me, to prioritise a good night's sleep and to find more time to do the things I love, outside of work. I urge you to do the same. ■

*How are you going to take better care of yourself this year? Tweet your thoughts @ComputerArts using #DesignMatters*