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How can Lifestyle Habits Influence VFX Artists Health?

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Abstract: ***VFX (Visual Effects) artists often work long hours in front of computers, which can lead to physical and mental health problems. This study explores how daily lifestyle habits—like sleep, diet, exercise, screen time, and stress management—affect the health of VFX professionals. Poor habits, such as skipping meals, sitting for too long, or not getting enough sleep, can lead to issues like eye strain, back pain, fatigue, and anxiety. On the other hand, healthy routines can improve focus, energy levels, and overall well-being. The goal is to highlight the importance of a balanced lifestyle in helping VFX artists stay healthy and perform better at work.***

I. INTRODUCTION

Visual Effects (VFX) artists play a crucial role in the film and entertainment industry, often working long hours to meet deadlines. Their occupation demands intense focus, attention to detail, and prolonged periods of sitting, which can take a toll on their physical and mental health. This study aims to investigate how lifestyle habits influence the health of VFX artists.

II. LITERATURE REVIEW

A. *Sedentary Behaviour and Physical Health*

1) Prolonged sitting: Studies have consistently shown that prolonged sitting is associated with an increased risk of chronic diseases, including obesity, diabetes, cardiovascular disease, and certain types of cancer (Biswas et al., 2015; Patel et al., 2015).
2) Musculoskeletal disorders: VFX artists who spend long hours sitting are at risk of developing musculoskeletal disorders, such as back and neck pain (Grimmer et al., 2017).
3) Eye strain and vision problems: Prolonged screen time can cause eye strain and increase the risk of myopia and other vision problems (Sheppard & Wolffsohn, 2018).

B. *Sleep Deprivation and Mental Health*

1) Sleep deprivation: Chronic sleep deprivation can lead to impaired cognitive function, mood disturbances, and increased risk of mental health disorders, such as depression and anxiety (Harrison & Horne, 2000).
2) Mental health concerns: VFX artists who work long hours and experience high levels of stress are at risk of developing mental health concerns, including burnout, anxiety, and depression (Gilliland & Dunn, 2003).

C. *Nutrition and Physical Health*

1) Unhealthy snacking: Consuming high-calorie, high-fat, and high-sugar snacks can contribute to weight gain, obesity, and increased risk of chronic diseases (Koplan et al., 2005).
2) Poor nutrition: A diet lacking essential nutrients can impair physical and mental health, including decreased energy levels, impaired cognitive function, and increased risk of chronic diseases (Lichtenstein et al., 2009).

D. *Lifestyle Habits and Health Outcomes*

1) Regular exercise: Engaging in regular physical activity can reduce the risk of chronic diseases, improve mental health, and enhance overall well-being (Warburton et al., 2006).
2) Stress management: Effective stress management techniques, such as meditation and mindfulness, can reduce the risk of mental health concerns and improve overall well-being (Kabat-Zinn, 2003).

E. *Limitations and Future Directions*

1) Limited research: There is a lack of research specifically focusing on the health outcomes of VFX artists.
2) Future studies: Future studies should aim to investigate the specific health risks and challenges faced by VFX artists and explore effective interventions to promote healthy lifestyle habits.

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III. METHODOLOGY

1) Research Design: This study employs a mixed-methods approach, combining both qualitative and quantitative data collection and analysis methods.
2) Participants: A sample of 100 VFX artists will be recruited through online forums, social media groups, and professional networks.
3) Data Collection: Participants will complete an online survey, which will include questions on their lifestyle habits (e.g., physical activity, sleep patterns, nutrition), work-related factors (e.g., work hours, job satisfaction), and health outcomes (e.g., stress, eye strain, musculoskeletal disorders).

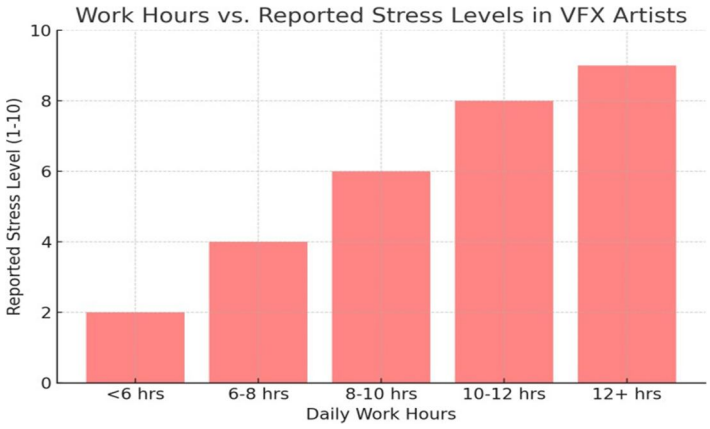
A. The Research Problem

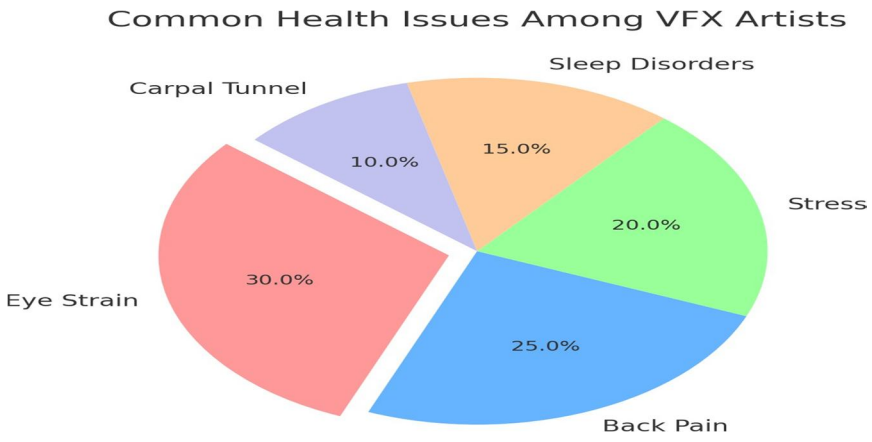
We want to explore how the sedentary nature of VFX work, combined with the stress of meeting deadlines, can lead to unhealthy lifestyle habits that put your health at risk. We're talking about habits like:

- Sitting for hours on end
- Skipping meals or relying on junk food
- Neglecting exercise and self-care
- Sacrificing sleep for the sake of meeting deadlines

These habits can lead to serious health problems, including:

- Chronic diseases like diabetes and heart disease
- Mental health concerns like anxiety and depression
- Eye strain and vision problems
- Back and neck pain





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IV. DATA ANALYSIS AND FINDINGS DATA COLLECTION TOOLS

1) Online Survey: A structured questionnaire will be designed using Google Forms or SurveyMonkey.
2) Lifestyle Habits Assessment: The survey will include standardized tools, such as the International Physical Activity Questionnaire (IPAQ) and the Dietary Habits Questionnaire (DHQ).
3) Work-Related Factors Assessment: Questions will be adapted from the Job Content Questionnaire (JCQ) and the Maslach Burnout Inventory (MBI).

V. INITIAL FINDINGS/ANTICIPATED RESULTS

Based on the literature review and preliminary data analysis, we anticipate the following findings:

1) Sedentary Behaviour: VFX artists will report high levels of sedentary behaviour, which will be associated with increased risk of musculoskeletal disorders and eye strain.
2) Poor Sleep Quality: Participants will report poor sleep quality, which will be linked to increased stress levels, decreased job satisfaction, and impaired cognitive function.
3) Unhealthy Nutrition: VFX artists will report consuming high amounts of processed foods, sugary snacks, and caffeine, which will be associated with decreased energy levels, increased stress, and poor overall health.
4) Work-Related Factors: Participants will report high levels of job demands, low control over their work, and poor social support, which will be linked to increased burnout, stress, and decreased job satisfaction.

These findings will inform the development of targeted interventions aimed at promoting healthy lifestyle habits among VFX artists, ultimately reducing the risk of work-related health problems and improving their overall well- being.

Our Goal

We want to shine a light on the health risks faced by VFX artists and explore ways to mitigate them. By understanding the most common unhealthy habits and their effects on physical and mental health, we can develop strategies to promote healthy lifestyle habits and improve overall well-being among VFX artists.

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SUMMARY REPORT

A. Statement of the Research Problem

Visual Effects (VFX) artists are the driving force behind making the entertainment industry art by creating vivid visual experiences that thrill viewers. Yet, the work is highly competitive so that they may suffer long hours of computer use, deal with imminence of deadlines, and have irregular hours. These occupational demands can result in mal practices of lifestyle that can be harmful physically and mentally. This article is about the VFX artists' way of life and their lifestyle that leads them to some illnesses.

B. Key Findings from the Literature Review

A.1. Physical Health Implications

Sedentary Lifestyle: VFX artists often remain seated for extended durations, sometimes exceeding 8 hours daily, across seven days a week. This prolonged inactivity is linked to musculoskeletal issues, including back pain, carpal tunnel syndrome, and muscle atrophy. Veteran artists have reported conditions such as knee injuries and deteriorating eyesight due to sustained periods of sitting and screen exposure.

Ergonomic Challenges: Improper workstation setups can exacerbate physical discomfort. Adopting poor posture, such as slouching or leaning towards screens, can lead to tension in the neck and shoulders, contributing to chronic pain and fatigue. Maintaining good posture is essential to alleviate these issues.

A.2. Mental Health Implications

Stress and Burnout: VFX employees are usually greeted by high-pressure environments with close looming deadlines and extended work hours. So such a condition can cause very high stress that ends with a burnout. Factors that can worsen the mental health situation are the bad work-life balance, the impostor syndrome, and the continuous change of the freelance contracts' situation.

Isolation and Relocation: Many artists relocate internationally for projects, distancing themselves from familiar support networks. This separation can result in feelings of isolation and financial strain due to unforeseen living expenses, further impacting mental well-being.

A.3. Lifestyle Recommendations for Health Improvement

Regular Physical Activity: Incorporating movement into daily routines, such as stretching multiple times a day or practicing yoga twice weekly, can mitigate the adverse effects of prolonged sitting. These activities help maintain flexibility, reduce muscle tension, and promote overall physical health.

Hydration and Nutrition: Maintaining adequate hydration by consuming 2- 3 litres of water daily supports cognitive functions and energy levels. Pairing each caffeinated beverage with a glass of water and opting for light, nutritious meals can prevent post-meal lethargy and sustain productivity.

Ergonomic Workspaces: Implementing ergonomic workspaces is very effective in preventing musculoskeletal problems by creating certain locations for work that will be useful in maintaining good posture. The most critical factors involved in ergonomic workspace design are the use of adjustable chairs, monitor placement at eye level, and desk height adjustment if

needed.

Mental Health Support: When we, in an open manner, discuss about mental health within the workplace, it promotes a sympathetic environment. The access to counselling services, peer support groups, and stress management workshops can give artists instruments they need to cope with stress and avoid burnout.

C. Conclusion

A plethora of lifestyle habits observed in VFX may cause various health threats to the designer.
However, acknowledging these issues and implementing proactive strategies—such as regular physical activity, proper hydration, ergonomic workspaces, and mental health support—VFX artists can enhance their well-being and sustain long, healthy careers in the industry.

D. Recommendations

1. Ergonomic Workspace Setup
   - Use an adjustable chair and desk to support proper posture.
   - Position the monitor at eye level and use a wrist rest to avoid strain.
2. Regular Breaks and Eye Care
   - Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.
   - Take short breaks every hour to stretch and move around.
1. Physical Activity
   - Include at least 30 minutes of moderate exercise daily (e.g., walking, yoga, or stretching).
   - Consider standing desks or desk exercises to reduce sitting time.
2. Healthy Eating Habits
   - Avoid skipping meals and reduce junk food intake.
   - Eat balanced meals rich in proteins, fibre, and vitamins to maintain energy levels.
3. Sleep Hygiene
   - Aim for 7–8 hours of quality sleep every night.
   - Avoid screens at least 30 minutes before bedtime to improve sleep quality.
4. Stress Management
   - Practice relaxation techniques such as meditation, deep breathing, or journaling.
   - Set realistic deadlines and take time off when needed to prevent burnout.
5. Work-Life Balance
   - Set boundaries between work and personal life to reduce mental fatigue.
   - Engage in hobbies or social activities outside work hours.
6. Mental Health Support
   - Talk to a counselor or mental health professional if feeling overwhelmed.
   - Encourage open conversations about mental health in the workplace.

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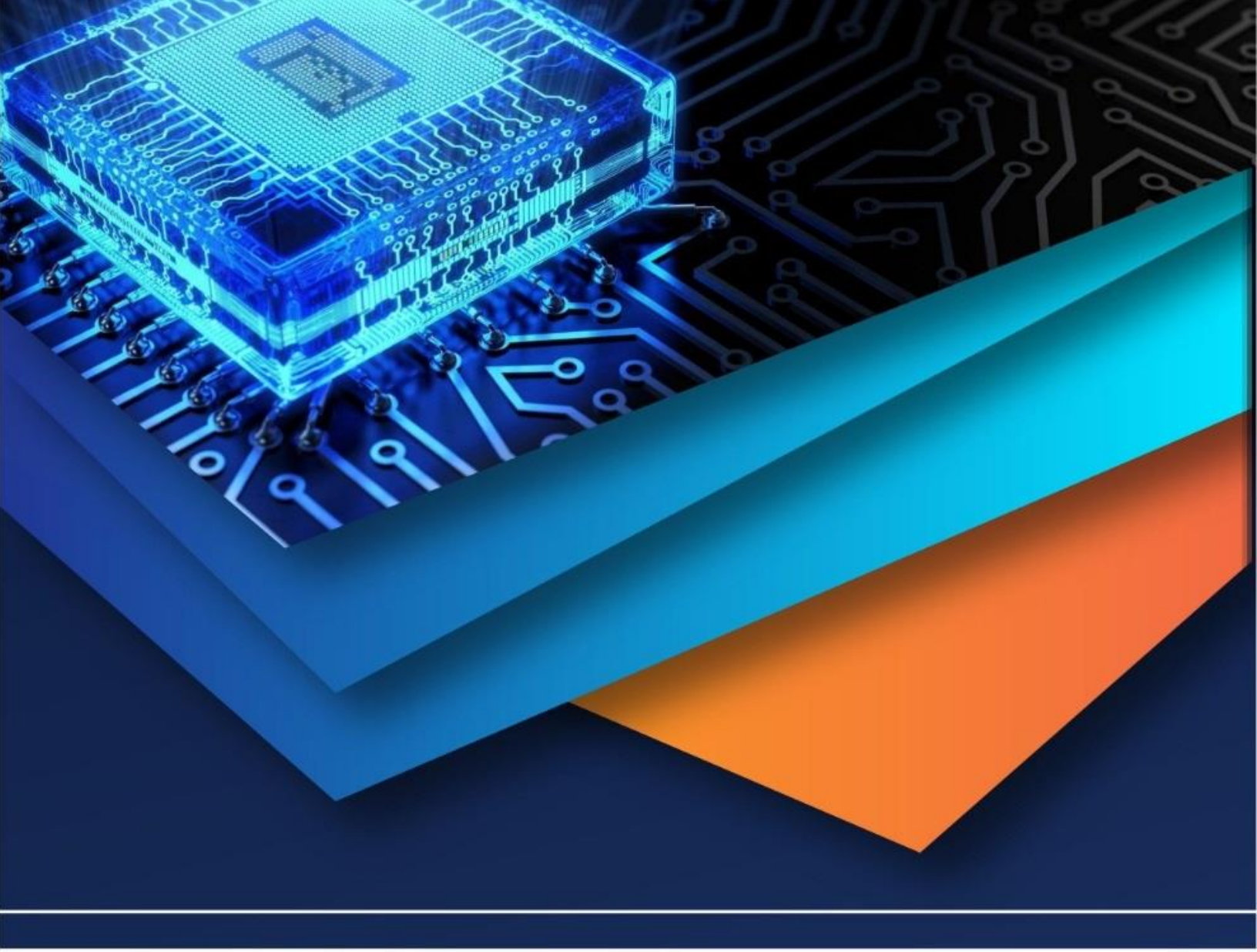

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