

(Asian American, 32, female)

*How long have you been gaming competitively?*

*Do you mean participating in LANs or competitively in game?*

*When you reached the higher level, going to tournaments, when did that start?*

About 5 years ago, I went to my first LAN, and that's when I started my first competitive level gaming. I was 26-27 at that time.

*How many teams have you been on in that time?*

Oh, bringing out the hard questions. I have been on five to ten? Probably like 5-6

*So what does daily routine look like for you?*

For me a daily routine weekday is probably I wake up, go to work, work the typical eight hours, come back and go to the gym or read, one of those things for 2-3 hours, then I'll log on for the rest of the night.

*How long are you playing games during that?*

7-11 so four hours. Weekends its around 6-8 hours

*How often do you practice with the team?*

Recently, our team is all older so we don't practice. We might play before a match, but otherwise we just play our matches. That's because we're all older and have different obligations.

*Were you ever on any teams before that that had daily practices*

one of the teams I was on would practice around 7-11 each night. That was probably four nights a week and that's usually during the ESCA, during the season.

*How much sleep would you say you get every night?*

probably like seven hours. Usually go to bed around 11 or midnight. There are probably times where there are five hours, but with a full-time job you have to get your sleep. And its really all moderation, like knowing when to quit. B/c I could play games all night

*When you were on the team practicing every night, what would you say the difference in routine was from then to now?*

I guess my regiment was different. Like I would have to eat and then be on for practice. Practice is really, mentally draining because you have to be on, it's not fun. I mean we were still having fun but in the grand scheme of things you're still competing and trying to be good and get better. So I mean my lifestyle was more focused on gaming and I didn't have time to read or go to the gym, or whatever else I was working on.

*Did you have a specific meal plan at all, or do you now relate to eSports? OR is it a personal choice?*

Well I have time to make dinner, like pork chops or spaghetti, so it was a simple 30minutes dinners, nothing fancy. But I would have to get home and then practice, so I would eat dinner then head right straight to gaming.

*When you were on the team practicing four times a week did you change eating habits?*

NO because I had a full-time job so I still had breakfast lunch and dinner.

*Have you experienced any physical pain at all? (list examples)*

I had wrist; thought I was getting tendinitis. But I would stop and take a break from gaming and like do other stuff. In regards to that, that's one of things that when you start feeling it you know you need to stop and take a break. I would say probably my knee because I sit Indian style a lot, so long term it is not good to do that. So I have a stretching workout regiment so that when I sit Indian style it doesn't affect my knee.

*Did you start the stretching before or after your knee started hurting?*

I used to do it a lot and then stopped when I hurt my knee after running. So I did it a lot and then brought it back when it started hurting.

*When you say take a break, I that a day or longer periods of break?*

Longer periods like a week or a weekend, just depending. Sometimes what helps is the way you put your arm down. So I have a gel pad that goes where my mouse pad is and that will sometimes help.

*So you were able to take care of all of these things yourself?*

No, does medical help include eating more snacks?

*laughs*

*So another big part of health is mental and psychological health. So in your experience of eSports, what issues have you noticed, if any, in regards to mental health?*

probably more, a little more stress. A part of that is that when you're in a competitive atmosphere you want to win. So I get stressed when I play bad because I'm not doing what I'm supposed to do as a team mate, like I'm not getting enough kills. And that stresses me out mentally. And I get semi upset when I play bad because I want to do well. Especially a female in a game, like in a FPS, you just want to do well, and show you're not a terrible player.

*Would you say that stress comes from yourself or your teammates?*

IT comes from myself; it isn't anything from them. IT's just how I get stressed. There have been times when even when I cut the gaming, my mind is still going, and I need to be going to sleep.

*Did you feel any extra stress or anxiety before tournaments or matches or streaming at all?*

Before being competitive not at all. But when It became ore competitive it became more stressful because you just want to show up. But when I Wasn't a high caliber player I just helped and volunteered at events. Rather than being competitive, I'm still in the eSports field and help with events. So that's how I sort of fill that void when playing competitively

*So based on your experienced. What would you say is the main health issue they've experienced?*

I would say anger. IT others me the amount of people... I feel like there's a lot more people that are negative. Like on Twitter, I don't know if it's a psychological thing where they want to feel better, but people are always negative or toxic, or just passive aggressive about something. So I think everyone is just angry about something. But during gaming, in a competition, people aren't toxic because they're in a professional environment. But outside, like in pick up games, people will say whatever and no care. They're just saying whatever and don't care

*Do you think there is anything you would try doing to mitigate that in any way?*

If I'm in a game with someone acting out like that, I don't really actually say anything. Part of it is that when someone is angry, someone telling them to calm down is going to make them lash out. But if they're angry at me specifically, I am not rude back. Like for my mental health it isn't worth it to argue with them when they already have a stereotype opinion about them. So, when they say go in the kitchen, I'll say 'oh I make a really great sandwich' but in a positive way so that their anger or hatred turns into a laughing matter. So that's how I deflect a lot of negative things that people come towards me, because if they put me down, and I jokingly put myself down, they can't argue it, they can't say anything more. That's how I protect myself, so I try to swing everything in a positive note. Once they realize I'm not going to lash out in anger, then they start making funny comments and we start winning and things become better