

# Faces of Web 3.0 — Mental Health




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In the very first issue of this blog, one wanted to dedicate to the emotional environment of the aspiring NFT market. Thanks to the people I had the pleasure of talking to that shared their feelings (it is my first time discovering Twitter from this [side](#)), the way they've come to the domain, and opinions on trends.

Let's dedicate a little bit of time to mental health. Some have been raising concerns over the mental state of those working with them. In academia, it has been allegedly started by [@LuisANavia](#), whereby some active participants have mentioned an increasing pressure ending up with burnout. It's not only the craving for finding the next blue chip, but largely the massive amount of barely calculable efforts and highly variable, dependent on many factors, the success that is said to make people's life a nightmare. The formerly mentioned influencer, one of the first of publicly recognised kind has mentioned to have invested a far larger sum of money than many artists ever receive for their digital work on rehabilitation. Some have stated that quite a share of mental issues is actually coming from overexcitement about the development of the space. [@farokh](#) for example

has been saying to have craved to be present everywhere, talk in as many spaces as possible and make connections.

That's actually interesting because this domain has managed to tap further on some of the issues that Web 2.0 have not solved significantly. I could recall a person, and not only one, that had no friends in real life and a number of particularly difficult times even to health when human touch was the most needed. And this feeling of community, persistent among the inhabitants of the new creative world has not only granted him some kind of relief and feeling of being understood but also meaningful employment and the ability to support others. In addition, it got to help to crush the barriers and to make friends with common interests in real life. Frankly, I have met quite a couple of artists, that got introduced to this new world only recently, and due to recent political events have lost the bulk of opportunities to sell in the real world. It has become quite a surprise for many that the community is so welcoming and supportive, and the majority of efforts are actually dedicated to answering questions and providing guidance to new joiners rather than merely promoting own projects. These communities have tried to pick up a few positive values from the outer world, and yet toxic behaviour (in the communication) did not get traction. This appears to be quite a riddle, though those few surveyed are hoping that this is the very continuation of the initial promises of Web 3.0 that are likely to persist rather than just a temporary theme to be displaced as more people will join. These points of view appear to be supported by those of the older generation, whose life might have been difficult, and somehow they manage to stay within the same spectrum of enthusiasm as the representatives of the younger generation. An additional theme that appears to stand against the views mentioned initially is the very financial side of support brought by the community of other creators (I am not talking here about the collectors) and people's reactions. They essentially become comrades, promoting each other's projects with no return in mind, purchasing art mostly without the want to make huge profits, but rather to build upon the pillars of society they are claiming to live in. And it's actually coming true, so a single artist that managed to get the first sale will very likely share it in spaces commonly with people they have not potentially met before. And those would quite sincerely be equally happy about this achievement as if looking after the project themselves. Thus, all of the respondents, despite getting to spend more of their time in this new realm away from the real world and working harder, actually report having improved their mental states and found friends who understand them, particularly those who have not been so lucky to get an understanding partner. So, maybe the critiques associated with burnout are quite realistic, but maybe yet we can get emotionally better and make it happen for others as well.



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I would love to thank all those people that I managed to talk to for the time being and [@the\\_mikeweiss](#), [@varvara\\_spike](#), [@elizaveta\\_art](#), [@vanidominguez](#), [@wildandfree\\_nft](#), [@saveas\\_nft](#), [@caleus.eth](#), [@lamatie2](#) in particular. I wish you all the best of luck in your lovely projects and am looking forward to meeting you again.

- Nft
- Mental Health
- Web3



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