

# Blog post

# Vtubers growth and mental health. Guides tips and help+resources and data.

By Neko-tan

streaming is hard. The market is oversaturated. and there are plenty of people who want to be the next Gura. the next markiplier. the next filian. be it by joining a big name group or simply growing your channel indie-wise. how do you stand out? How do you succeed? how do you. Dear vtuber, increase your chances of getting bigger?. well if that's your goal. be it as a job or hobby. this will help you.

[Disclaimer: making it “big” requires a lot of luck. but also quite a bit of work. Some are luckier than others. It is very important to keep that in mind. not to fret over low viewership. and not to lose motivation or comparing yourself to others!.]

-part one. training-

to practice **talking**. i want you to do this. whenever you play games. watch videos. ect. hopefully when you have sufficient privacy of course. comment. talk. react. dont have to talk to anyone. just. talk. in general. to yourself. out loud. react. talk.

comment. even if no one is there to see it! dont focus on if anyone is seeing. but instead you are **getting used to** talking. commenting. reacting out loud.

and. as you stream. one thing you can do to Talk more. is to comment on what is happening. even if it's simple. "CHAT I'M SCARED. CHAT IM ABOUT TO WRECK THIS DUDE. CHAT WATCH THIS. Okay. we are going down now. i hope no monsters are sneaking around the corner.. chat how much you wanna bet we will get jumped as soon as we talk to him"

now. if you notice i included two different forms. one is simply speaking and reacting and such. the other will drive engagement. making the viewers feel further engaged in your stream.

another thing: if you wish. telling stories or lore is also pretty good for streams! you'll notice quite a few vytubers do it. have a story or two in mind before the stream starts that you wanna share. or share on the spot if relevant or reminded of such.

-Part one. Tips-

There are very important things to keep in mind. that are good for both your channel. and your mental health

**[Disclaimer: your mental health is VERY VERY VERY and DEEPLY important.]**

and you must take care of yourself as much as you can. not taking care of your mental health can lead to very terrible problems and consequences. it will affect both YOU and YOUR channel and career. remember. If **you're** not having fun! Neither are your fans!]

-Here are some ways to look out for **you** [and inturn. your viewers too]-

Do NOT overwhelm or overwork yourself. biting off more than you can chew is a really big problem. many first time streamers. vytubers and such fall for. and they end up getting Burnt out[Oh noes. that's super bad]. here's some ways to not overwhelm yourself.

have a consistent schedule that you can handle. even if its as little as once or twice a week to start out. it's better than zero. and it's better than hurting yourself!

take breaks if you need to! just be sure to tell your fans so they don't get worried!

do self care and mental health care.

Take Creative liberty. meaning do as **you** want. don't stick to something just because it's trendy. while trends can help. if you aren't enjoying it. then there is no point.

-tips-

Credit and advertise. these are important. let your fans know of your merch. channels. ect. and Crediting artist and such is not only good and kind and helps your image. it's also healthy for the community in general! remember your apart of community! do your part. creator or fan you have a responsibility.

Consistent schedules are key. and so are other forms of content besides streams. Clips. videos and Shorts will help Tremendously. they can even help you go viral.

Lore and character are important. but not more important than YOU. remember. Being yourself is usually easier and better. even if its an exaggerated version of yourself

interact with your fans! they will love it. have running jokes. gags. memes. inner jokes. ect. any and all of these can help. and make the stream even funner for you and them!.

lastly. is a part exclusively on mental health. as many underestimate how deeply important this part is. the first thing I wish to address is a large problem with not only people in general. but also rampant in the streaming community as a whole.

-Imposter syndrome- [defined here and more about it:

<https://www.ncbi.nlm.nih.gov/books/NBK585058/>]

as defined by \_\_The National Center for Biotechnology Information\_\_

it is short and dumbly put. that feeling when you are not good enough. that you feel like. you are merely an 'imposter' a 'wannabe'. consumed by self doubt. This sadly affects a lot of people. and it can destroy a vtbbers career far before it even takes off!.

so of course. Here are some ways to help with it.

firstly. **turn off your viewer count and do not pay attention to it. Instead just focus on streaming and having fun.** whether someones watching now or not. even if no one is talking. Why do I say watching now or not? well of course someone may watch your vods!. and if you keep streaming soon enough when you grow. There are bound to be some who go back to see your vods. and it also helps you make videos. clips. shorts. ect.

nextly. **Look for support..** be it friends or professional help. this goes for anything. be it gender dysphoria. anxiety. depression. ect. support groups and therapy and such are very helpful to many across the world.

practice self compassion and self care. celebrate all your achievements. even the smaller ones. stay away from toxicity and bullying. When self-doubt creeps up, remind yourself that it's just your imposter syndrome talking. and that you recognize that your brain is frankly. being unfair to you. and remember no one is a super pro on their first day. week. month or even year. grow yourself. take your time. and for all that you love. take care of yourself.

[<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>]

-Resources-

Vtuber Resources.

<https://vtresources.carrd.co>

-Reddit wiki post-

<https://www.reddit.com/r/VirtualYoutubers/wiki/index/frequentlyaskedquestions/>

Mental health.

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>