



Be motivated during quarantine

Who am I?

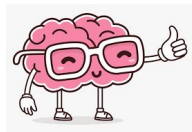


- Machine Learning Engineer at FREE NOW (former mytaxi) 

- Python and Rust enthusiast



- Psychology enthusiast



Hidden issue

1. Changing standards
2. Subjectivity
3. Fuzzy definitions
4. Little to no data



Burnout

- Chronic work-related stress
- Energy depletion
- Increased mental distance from the job
- Feelings of negativism or cynicism
- Reduced professional efficacy



Emotional isolation



General Advice

- Socialize
- Take time off
- Reevaluate priorities
- Engage in a hobby
- Relax: yoga, meditation
- Find a psychologist
- Healthier habits



Quarantine Edition

- Reduce or filter incoming news/contacts
- Give random props and compliments to your peers
- Give your social connections more meaning -> set goals
- Make sure to have enough privacy



Depression

- Chemical imbalance
- Genetic component
- Environmental factors
- Psychological factors
- Low mood, mood swings
- Low energy
- Inadequate self-portrait
- Poor concentration
- Decreased to no motivation



General Advice

- Therapy
- Antidepressants
- Healthier lifestyle
- Socialize



Quarantine Edition

- Observe
- You are in your safe zone!
- Learn a “secret” skill
- Try different routines,
 - stick to a routine,
 - preferably healthy



The power of tech and information!

Progressive Muscle Relaxation

Mindfulness

Self-tracking tool

Inspiration from Reddit

MOAR ideas



Everything will be alright!

