



San Francisco | March 4–8 | Moscone Center

A large, abstract graphic in the top right corner consisting of numerous thin, colored lines (blue, yellow, orange) radiating from a central point, resembling a network or a burst of energy.

BETTER.

SESSION ID: SEM-M06

# Cybersecurity's Dirty Little Secret and Talent Grenade: BURNOUT

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# 57.16% of you are already “burned out”

41% identify constant crisis management as “normal”



The opposition seems limitless  
IS



20% of Cyber pros have stress-related health problems



17% of CISOs self-medicate



Your authority ~~and~~ agency are constrained.



**This is the Real Crisis**

**The cost in human and organizational terms is staggering**

# Burnout Recovery – When You're 'Holding the Grenade'

- Recognize that burnout is the #1 occupational hazard in cyber.
  - It is OK not to be OK
  - There is “burned out” and “doing burn out”
- Make sure someone *understands* how you feel.
- Find the meaning in your work, or find work that has meaning.
- Practice elevating your state.
  - Language
  - Focus
  - Physiology

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## #BeAnAlly is the Kevlar Shield Against Stress

When you're in a battle, use a battle-tested strategy

# How Can You #BeAnAlly Against Burnout?

- Take care of yourself – your state is contagious.
  - Know when to clock out
  - Eat, pray, love
  - Assess your resilience toolkit
  - Practice and visualize success
- Create the culture of “I’ve got your back.”
  - When we elevate one, all rise
  - When one falls in the line of duty, we care for them
  - Recognize the higher call of growth and contribution to one another

# #BeAnAlly



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