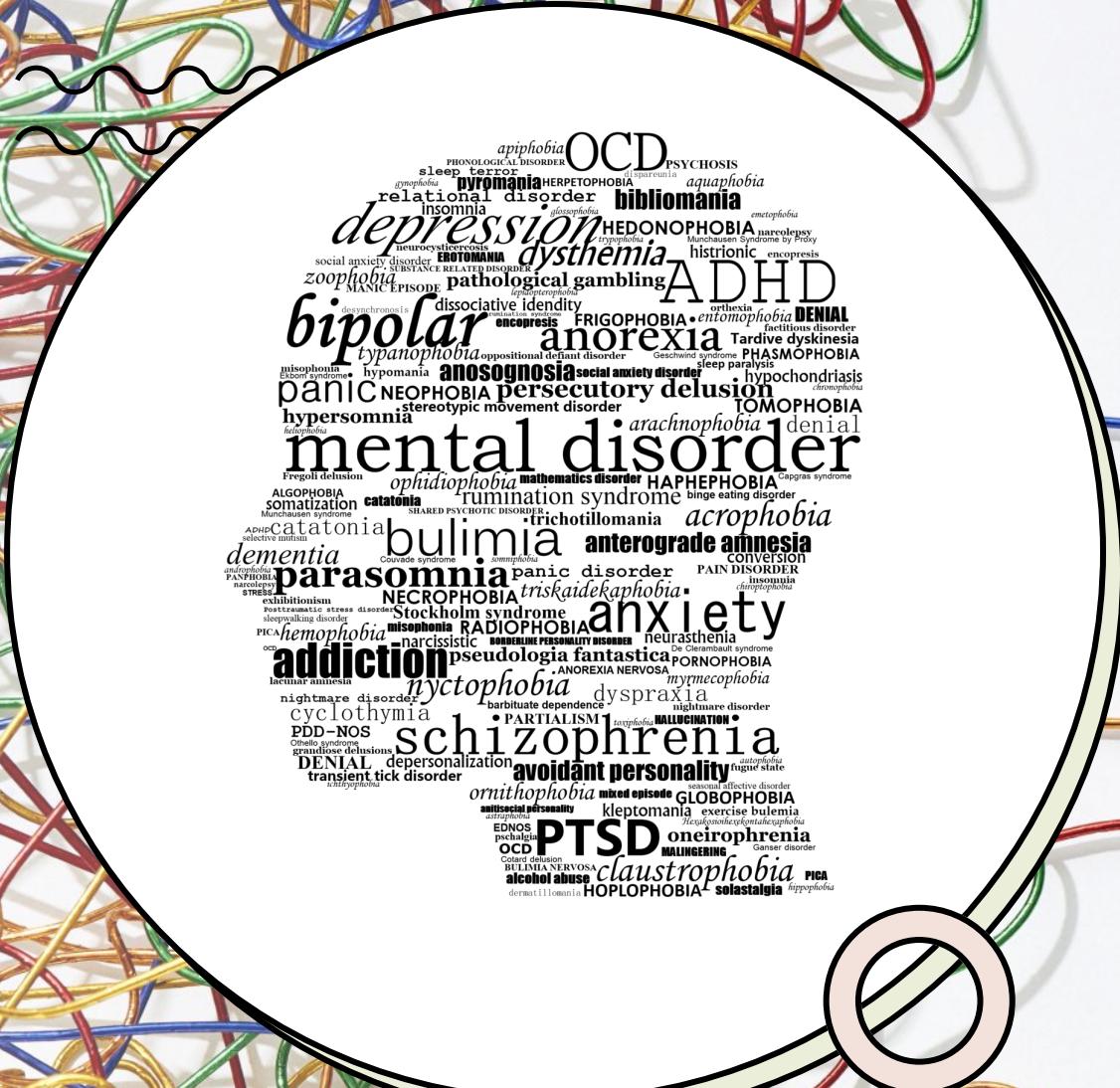


**YOU DON'T
HAVE TO BE
CRAZY TO
WORK HERE**

AN HONEST TALK ABOUT MENTAL HEALTH IN CYBERSECURITY



TRIGGER WARNING

NOT A TRIGGER

It's normal to feel upset, anxious, or extremely uncomfortable when we encounter difficult content. Having a strong reaction is normal & learning to regulate is part of normal emotional development.



@LINDSAYBRAMAN

TRIGGER

Trauma triggers are different. They often include a loss of a person's sense of time, space, &/or self.

Emotion is amplified, or completely muffled, or sometimes seemingly unrelated to a situation. Triggers are like a TRAP DOOR in the brain.



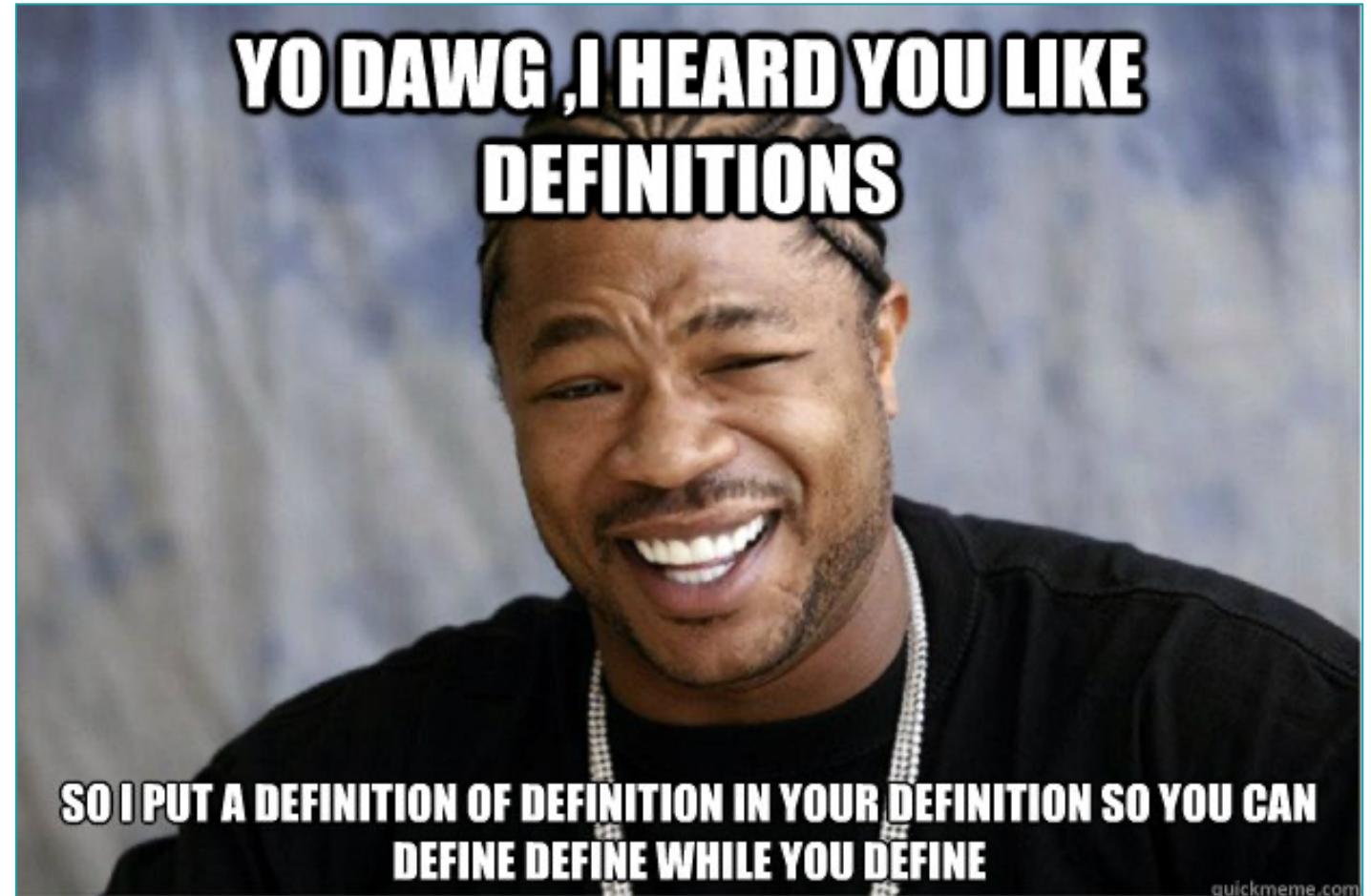
~~Doogie Brush. M.D.~~

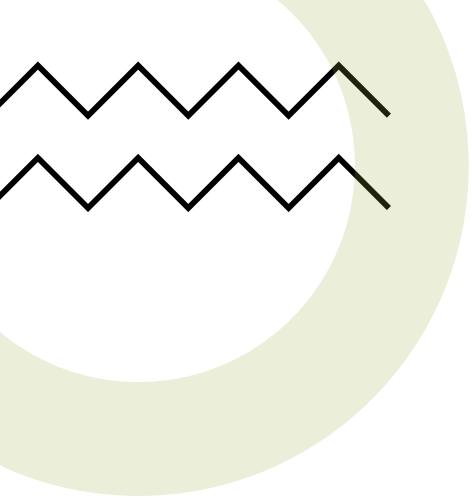
D I S C L A I M E R



Definitions:

- Mental Health
- Self-care
- Neurodiversity





The Guy Speaking

- He/Him/His
- 26+ Years in IT, cybersecurity, DFIR, & governance
- Current: Global Security Advisor @ Splunk.
- CISO stuff, security leadership, incident response programs, and SOC development
- Leads investigations into hacking, data breaches, trade secret theft, employee malfeasance, and financial fraud.
- Host of the Cyber Security Interviews podcast
- Likes: Cooking, craft cocktails, loud/fast music, & the mountain life
(zombies can't climb mountains)



Douglas Brush
Splunk
Global Security Advisor



I R
O G





YOU ARE **THE WOLF**

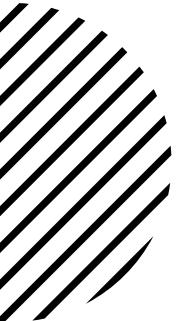
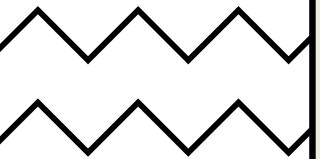
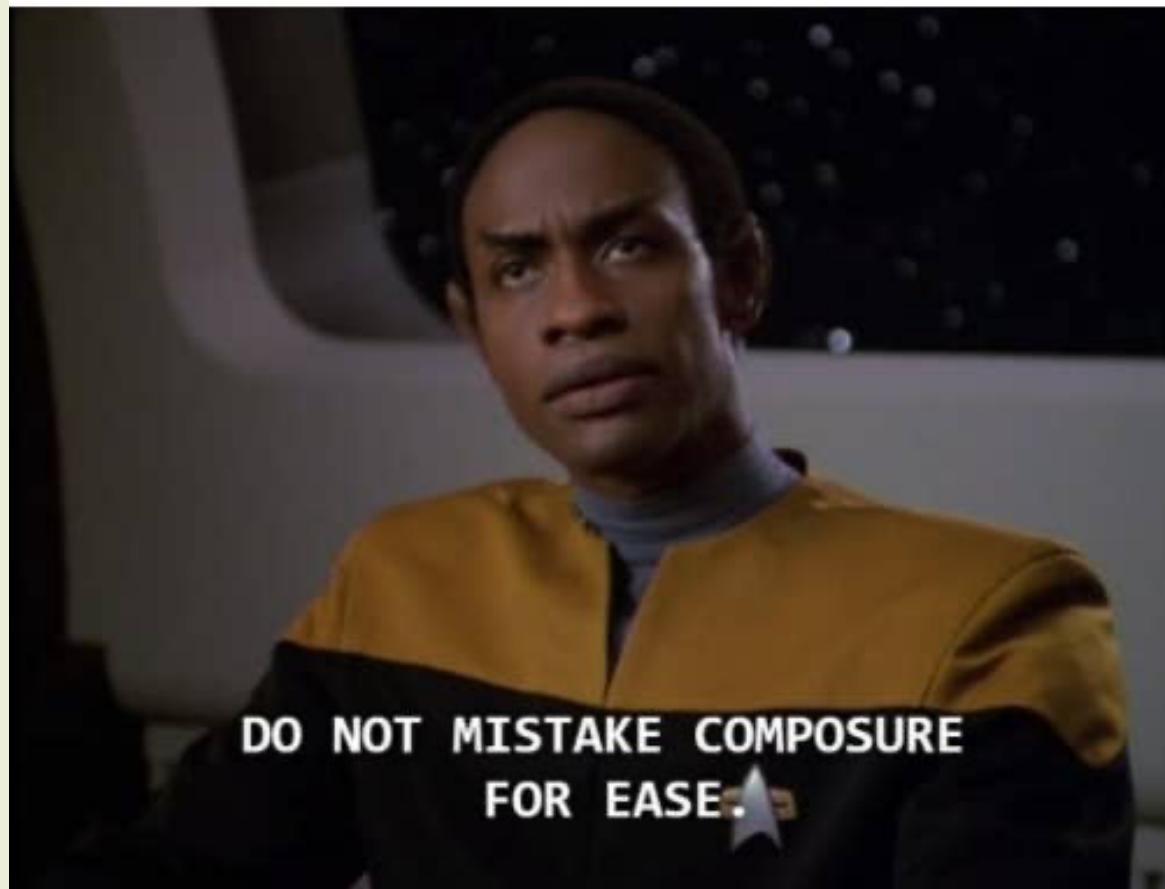
You're the person people turn to when things go south. Your level head and ability to fix life's most urgent and complicated problems make you an asset in just about any situation.

WORDS TO LIVE BY:

"If I'm curt with you it's because time is a factor. I think fast; I talk fast and I need you guys to act fast if you wanna get out of this."

TIME

"you have anxiety? but you're so
confident!"



DARKReading |

 SIGN UP FOR OUR NEWSLETTERS

RISK

9/16/2019
10:00 AM

Preventing PTSD and Burnout for Cybersecurity Professionals



Craig Hinkley
Commentary
Connect Directly

The safety of our digital lives is at stake, and we need to all do our part in raising awareness of these issues.

≡ Forbes

31,646 views | Feb 15, 2019, 05:58am EST

Cybersecurity Mental Health Warning -- 1 In 6 CISOs Now Medicate Or Use Alcohol

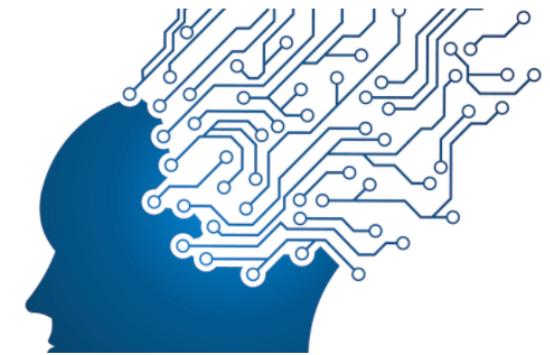
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cyberScoop



HEALTHCARE

A psychiatrist fights the cyber industry's mental health stigma — and appeals for help



(Getty Images)



security folk to drink

Self-medicating with booze is no answer, hackers warned at conference

Wed 8 Aug 2018 // 23:27 UTC

51  GOT TIPS?

Iain Thomson in San Francisco

BIO

EMAIL

TWITTER

 SHARE

Black Hat In a personal and powerful presentation, a computer security veteran has warned that too many infosec bods are fighting a losing battle with the bottle.

Jamie Tomasello, senior manager of security operations at Duo Security, has 17 years of experience in the industry, and has been sober for the past six. While the causes of alcoholism are down to many factors, including genetics, practices within the security industry make it a lot harder to deal with dangerous levels of addiction, and it stops people from speaking out.

"Even after 17 years, I'm more afraid of disclosing I'm a recovering



CORONAVIRUS

Coronavirus has caused significant mental health strain in Colorado — for some more than others

A new survey from the Colorado Health Foundation shows sharp divisions based on race, income and political affiliation

SEP 9, 2020 8:00AM MDT



John Ingold [@johningold](#)

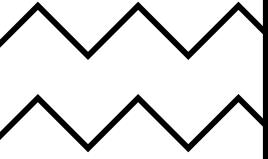
The Colorado Sun — johningold@coloradosun.com

[See more](#)



[More](#)





HEALTH

Wave of suicides in northwest Colorado part of “toxic stress” from coronavirus, experts say

Nine people have died by suicide so far this year, five in the past month in a region that has been fighting to expand mental health care and break down stigma around treatment

SEP 23, 2020 4:00AM MDT



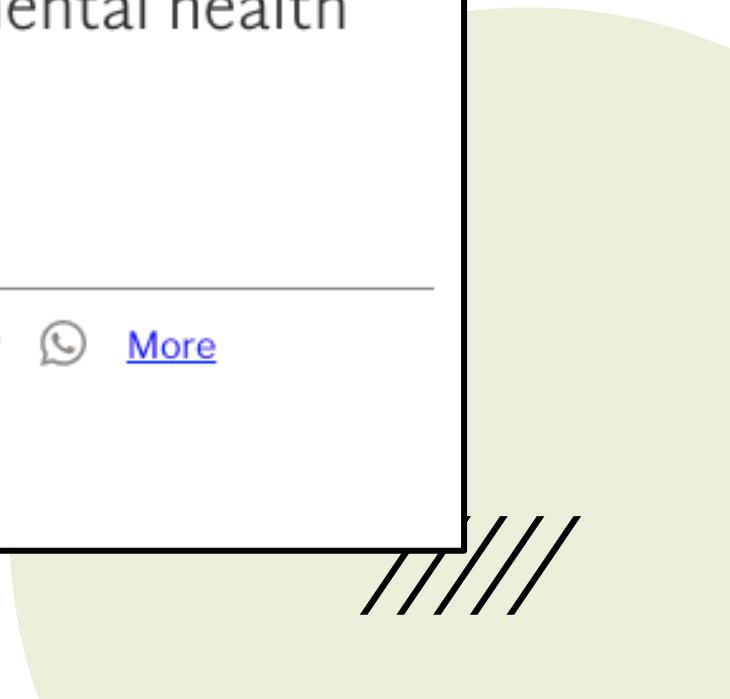
Jennifer Brown [@jenbrowncolo](#)

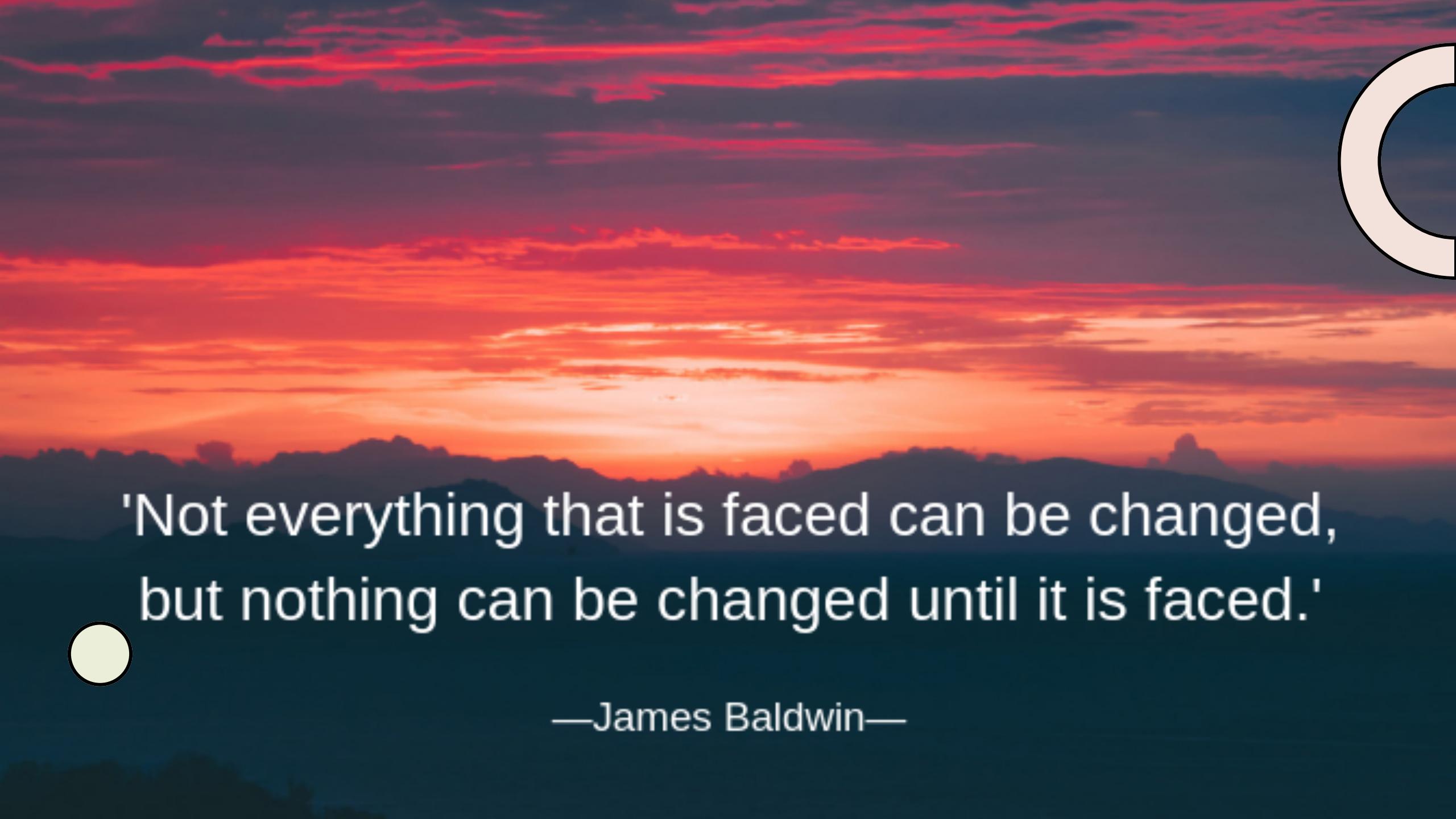
The Colorado Sun – [303-589-0175](tel:303-589-0175) jennifer@coloradosun.com

[See more](#)



[More](#)





'Not everything that is faced can be changed,
but nothing can be changed until it is faced.'

—James Baldwin—

SEVERE



7

You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.



8

You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.



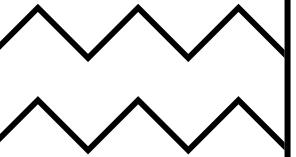
9

You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.



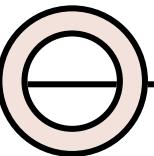
10

The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.



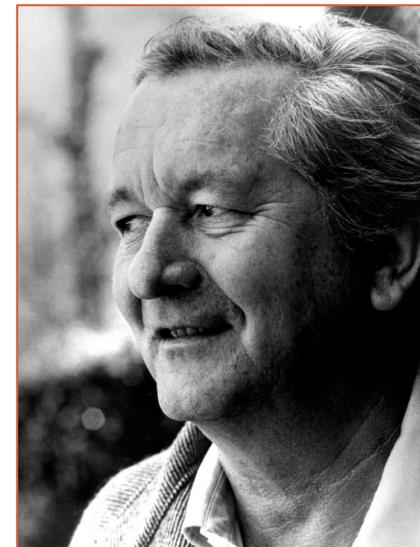
“

The gray drizzle of horror induced by depression takes on the quality of physical pain. But it is not an immediately identifiable pain, like that of a broken limb. It may be more accurate to say that despair, owing to some evil trick played upon the sick brain by the inhabiting psyche, comes to resemble the diabolical discomfort of being imprisoned in a fiercely overheated room. And because no breeze stirs this caldron, because there is no escape from this smothering confinement, it is entirely natural that the victim begins to think ceaselessly of oblivion.



Darkness Visible

WILLIAM
STYRON



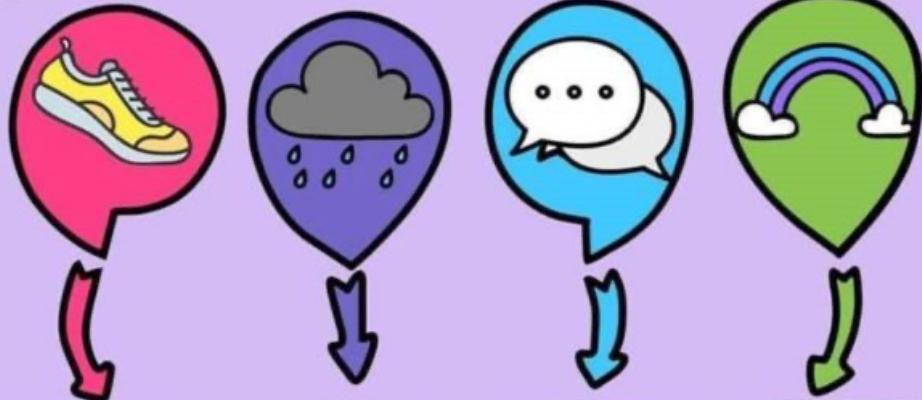


W H E R E D O W E G O F R O M H E R E ?

REMOVE THE STIGMA:
HEALTH IS HEALTH

**PAIN IS
INEVITABLE
SUFFERING
IS OPTIONAL**

TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest

EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness

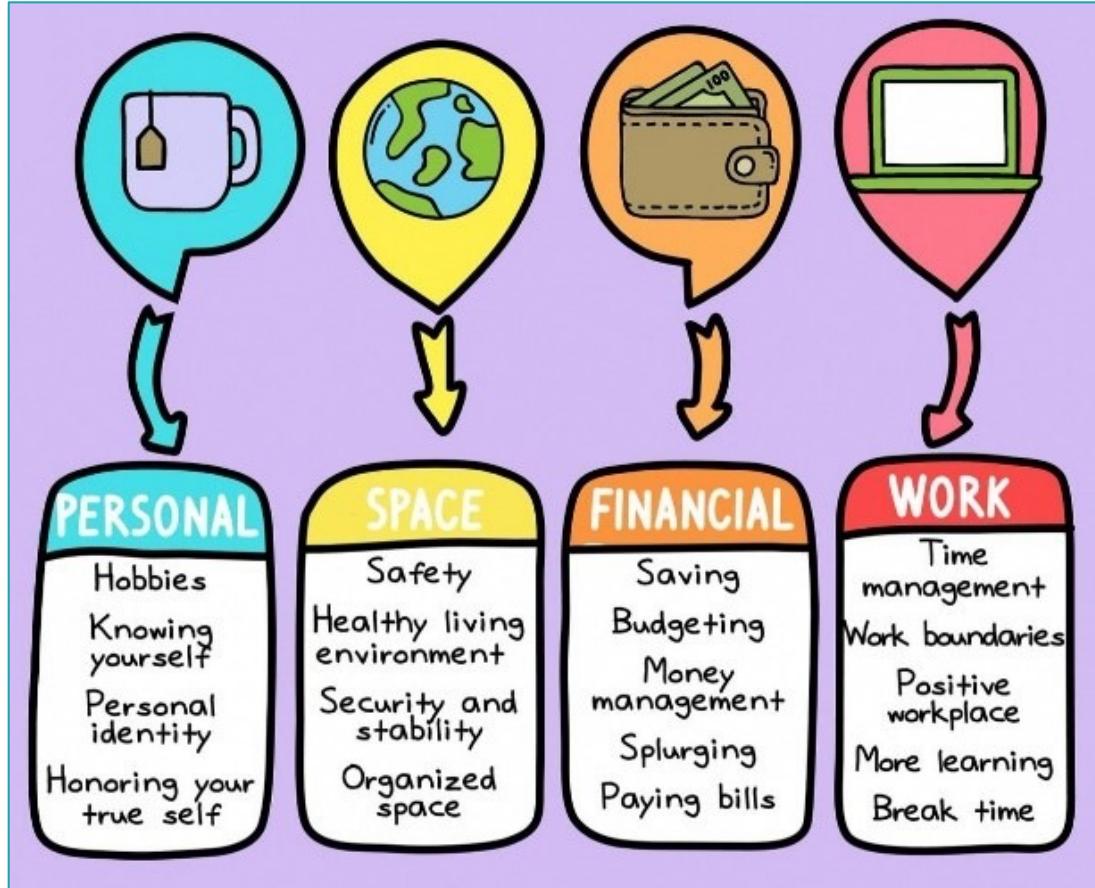
SOCIAL

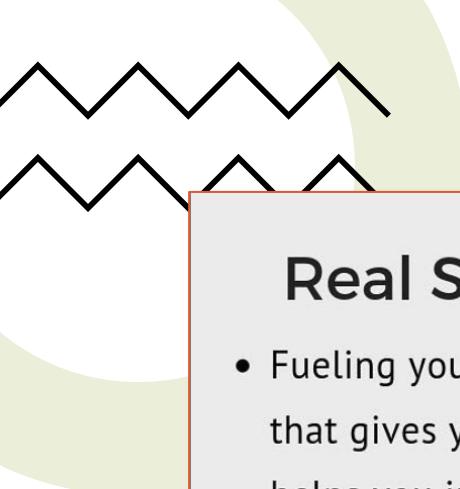
Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help

SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space

SELF CARE





Real Self Care

- Fueling your body with food that gives you energy and helps you improve mentally and physically.
- Drinking water
- Being kind to yourself
- Setting boundaries
- Spending time with people that enrich your life
- Treating yourself to something new because you love yourself.
- Moving your body because you can.

Fake Self Care

- Dieting
- Alcohol or drugs
- Talking shit to yourself to “motivate” you
- Saying yes to everyone because you’re a “nice person.”
- Socializing because of FOMO
- Buying anything that promises to make you love yourself more.
- Working out as punishment or attending a class that shames your eating habits/appearance.

**D O N O T
F A K E I T ,
‘ T I L L Y O U
M A K E I T**



MYTHS ABOUT SELF- CARE



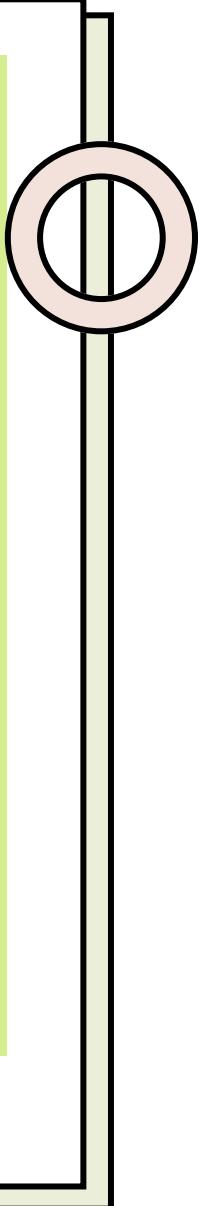
-  Self-care is an indulgence

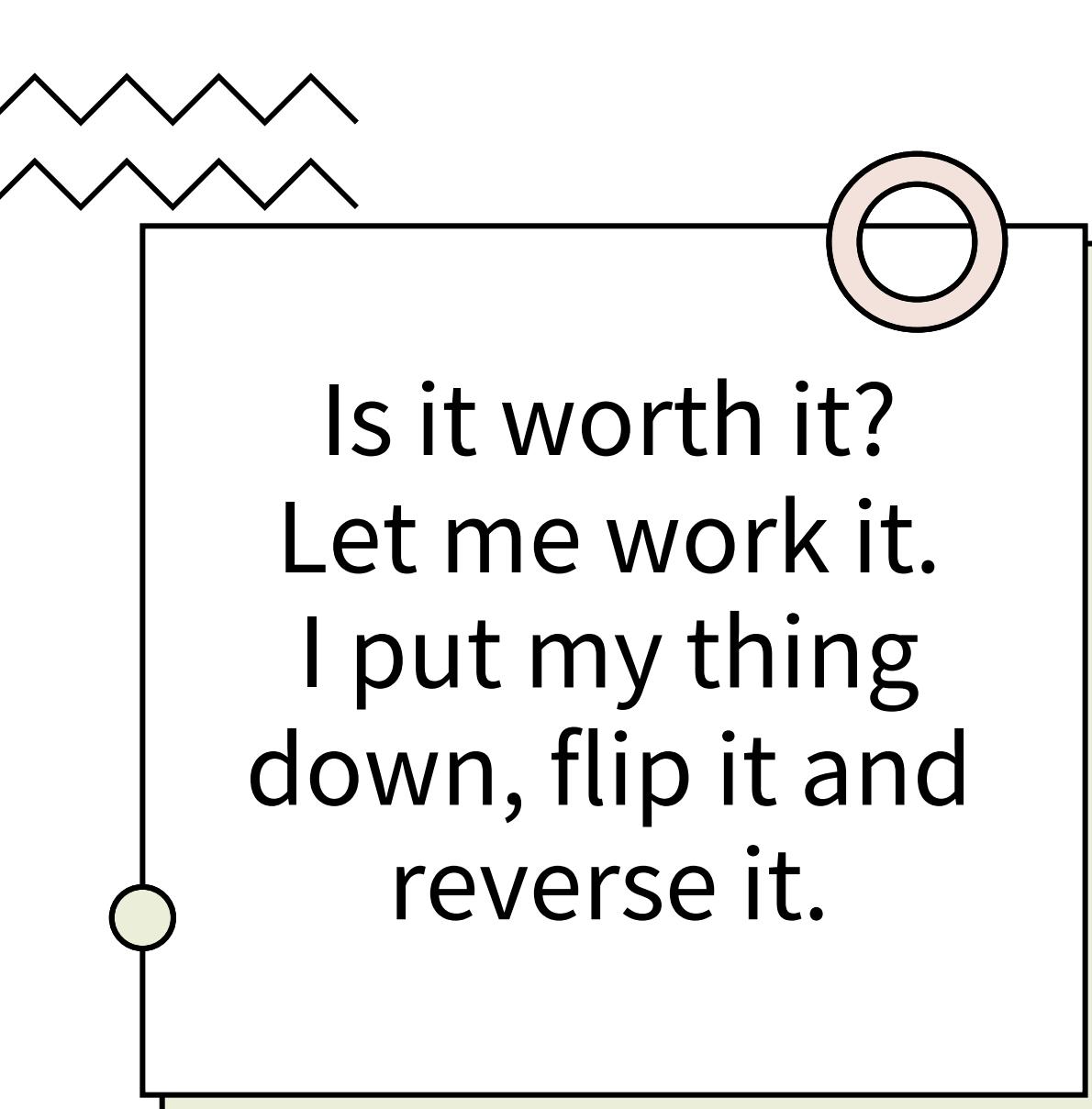
 Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.
-  Self-care is selfish

 When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.
-  Self-care is a one-time experience

 Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.
-  Self-care is time consuming

 Self-care does not require you to take out a huge chunk of time from your busy day.

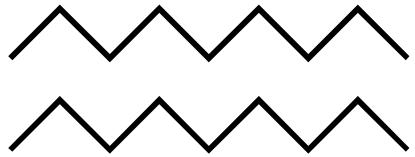




Is it worth it?
Let me work it.
I put my thing
down, flip it and
reverse it.

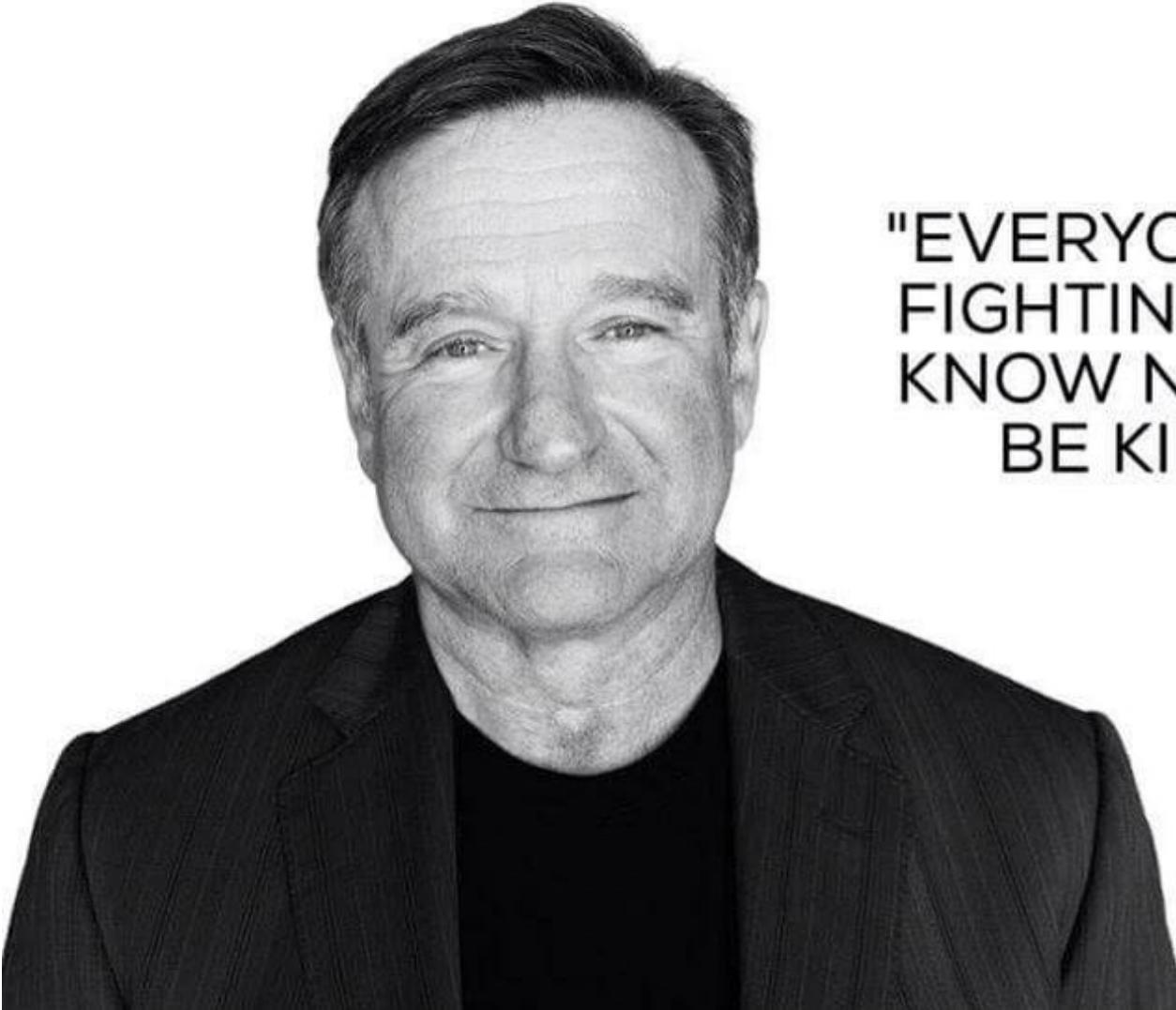
- Workspace vs living space
- Boundaries
- Take ALL your PTO each year
- Healthier activities with customers and co-workers
- More than lip service = Change happens with intent





PARTING THOUGHTS





"EVERYONE YOU MEET IS
FIGHTING A BATTLE YOU
KNOW NOTHING ABOUT.
BE KIND. ALWAYS."

- Robin Williams





CHOOSE TO MAKE TIME FOR YOUR WELLNESS

OR

**YOU WILL BE FORCED TO MAKE TIME FOR YOUR
ILLNESS**

#MENTALHEALTH

#SELF-CARE

