

# Stress Driven Development

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# Goals

Better Understanding of Stress

What are our goals?  
Practices of Dealing w/ Stress

How to Move Forward

Why would Streets talk about it?

Let's look externally first

**ea\_spouse**

[userinfo|livejournal userinfo]

[ archive|journal archive ]

EA: The Human Story

[Nov. 10th, 2004 12:01 am]



My significant other works for Electronic Arts, and I'm what you might call a disgruntled spouse.

EA's bright and shiny new corporate trademark is "Challenge Everything." Where this applies is not exactly clear. Churning out one licensed football game after another doesn't sound like challenging much of anything to me; it sounds like a money farm. To any EA executive that happens to read this, I have a good challenge for you: how about safe and sane labor practices for the people on whose backs you walk for your millions?

I am retaining some anonymity here because I have no illusions about what the consequences would be for my family if I was explicit. However, I also feel no impetus to shy away from sharing our story, because I know that it is too common to stick out among those of the thousands of engineers, artists, and designers that EA employs.

# Wives of Rockstar San Diego employees have collected themselves

by Rockstar Spouse on 01/07/10 08:33:00 am

152 comments



*The following blog post, unless otherwise noted, was written by a member of Gamasutra's community.*

*The thoughts and opinions expressed are those of the writer and not Gamasutra or its parent company.*

To whomever it may concern,

In response to the unfortunate circumstances, some wives of Rockstar San Diego employees have collected themselves to assert their concerns and announce a necessary rejoinder, in the form of an immediate action to ameliorate conditions of employees.



**Brandon Cebenka**

@Binkysaur

Follow



## Re: I got laid off at Telltale

None of my sleepless nights or long hours on weekends trying to ship a game on time got me severance today. Don't work overtime unless you're paid for it, y'all. Protect your health. Companies don't care about you.

3:20 PM - 21 Sep 2018

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44,439 Retweets 174,558 Likes

@Binkysaur, <https://goo.gl/h9TQad>

There are many more cases  
In ~~Ex~~actly all go?

What about  
you baby teatanglies?

Will share 2015 story  
Something felt off



Reference: Pixabay

Unwärte  
Befähigung

Fear

Purpose

It became my motivator

Religion

Community

Great, welcome to what motivates!

# Identify the problem

Fight

Flight

P寧apøøseisøfsStætss

Sleep

Hunger

If Stress makes sense...  
Why do I feel so bad?

**Short-Term**

# Types of Stress

**Long-Term**

# InEloquence Conclusion? Slog-Term Stress

Bæriens algjóða hoddótreck

Sleep

Nutrition

Enriched self-care fitness

Fitness

Work

Do you have a deep reason?

~~Depression~~

~~Diseases~~

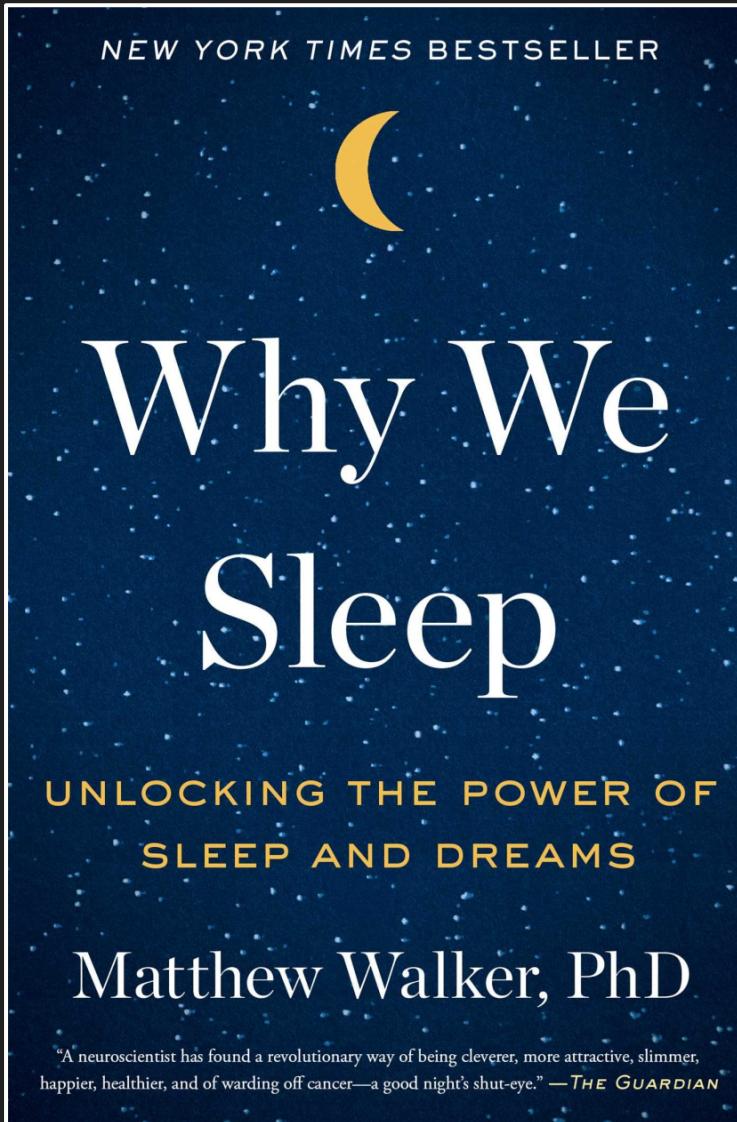
## Reasons to Sleep

↑ Creativity

↑ Memory

Still need convincing?

# Book Suggestion



NB ut hvekslow bathyðcs ksepþ

~~Light & Noise  
Pollution~~

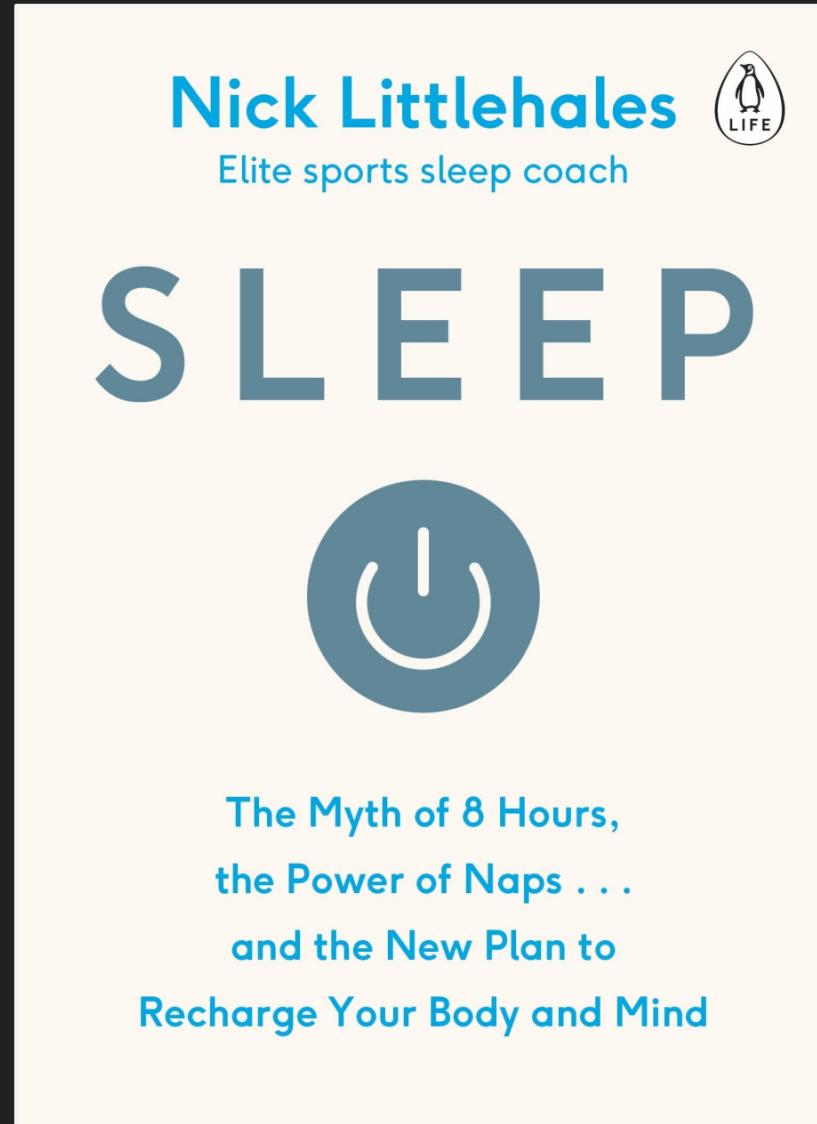
Controlled  
Environment

## Path to Healthy Sleep

8 Hours,  
Uninterrupted

Constant  
Wake Time

# Book Suggestion



Sleep

Nutrition

# Grounds for anti-Stress

Fitness

Work

**“You are  
what you eat”**

**by Anthelme Brillat-Savarin**

~~Diets~~

Experiment

# General Nutrition

↓ Sugar

↑ Greens

16/8  
Model

12→20  
13→21

Ketamine Feed Existing

~~Stuffed  
Feeling~~

Longevity  
Studies

# Podcast Suggestions

- [Ben Greenfield](#)
- [Model Health Show](#)
- [Human Optimization Hour](#)

Be a cool kid at the party

# Drivers of Daily Routines

Same habits if dropped

# Habits Loop



Bælte øje flos åocbeiraglet

Stick to It



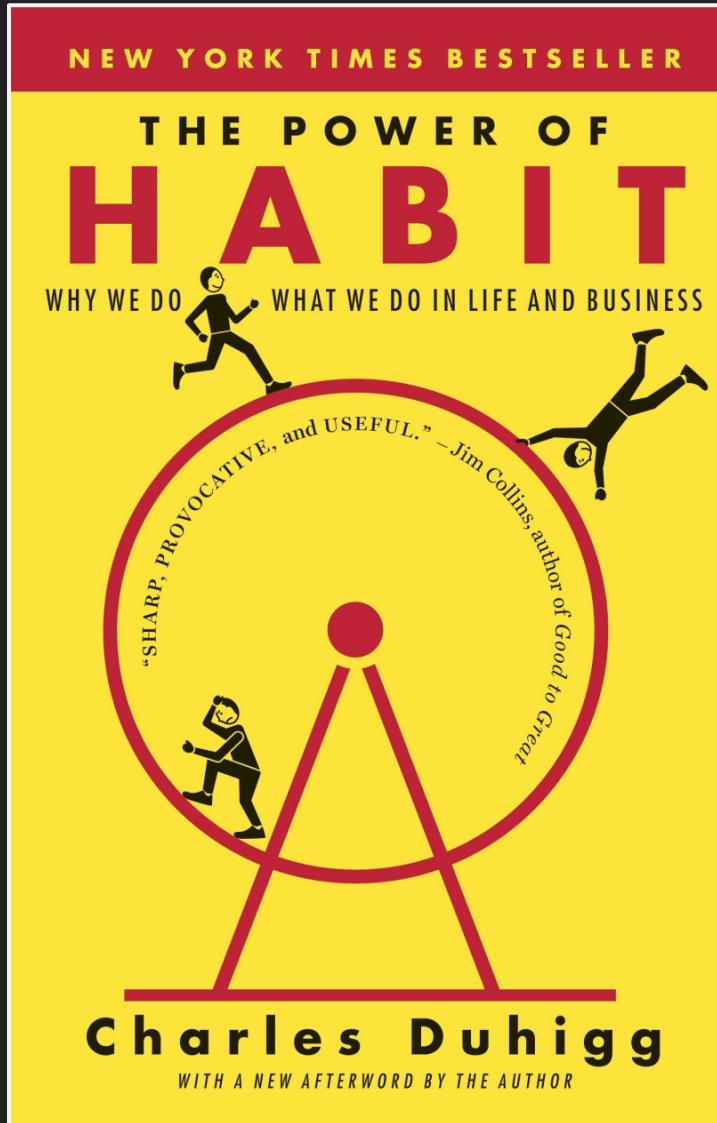
Changes  
Behaviour

# Keystone Habits

Small Wins

Ripple  
Effect

# Book Suggestion



Sleep

Nutrition

# Grounds for anti-Stress

Fitness

Work

Physical

Fitness

Mental

**Keystone  
Habit**

**Requires  
Variations**

# **Physical Fitness**

**Requires  
Integration**

**Provides  
Flexibility**

Identify  
Triggers

Establish  
Reward

## Fitness as a Habit

Establish  
Goals

Find  
Community

# Gamification Suggestions

- Strava
- MyZone Tracker
- Wearables

Keystone  
Habit

Requires  
Variations

# Physical Fitness

Requires  
Integration

Provides  
Flexibility

Acute  
Stress

Vary Cardio

Fitness Variation

Vary Focus

Incorporate  
Yoga

Keystone  
Habit

Requires  
Variations

# Physical Fitness

Requires  
Integration

Provides  
Flexibility

Active  
Commute

Mark in  
Calendar

Fitness Integration

Desk Type  
Rotation

Boredom  
Plan

Keystone  
Habit

Requires  
Variations

# Physical Fitness

Requires  
Integration

Provides  
Flexibility

Morning  
Routine

Workout +  
Travel

# Flexibility of Fitness

Bodyweight  
Exercises

Active  
Sightseeing

Physical

Fitness

Mental

Clearing  
Your Mind

Controlling  
Emotions

# Mindfulness

Embracing  
Solitude

Incorporating  
Meditation

~~Information  
Overload~~

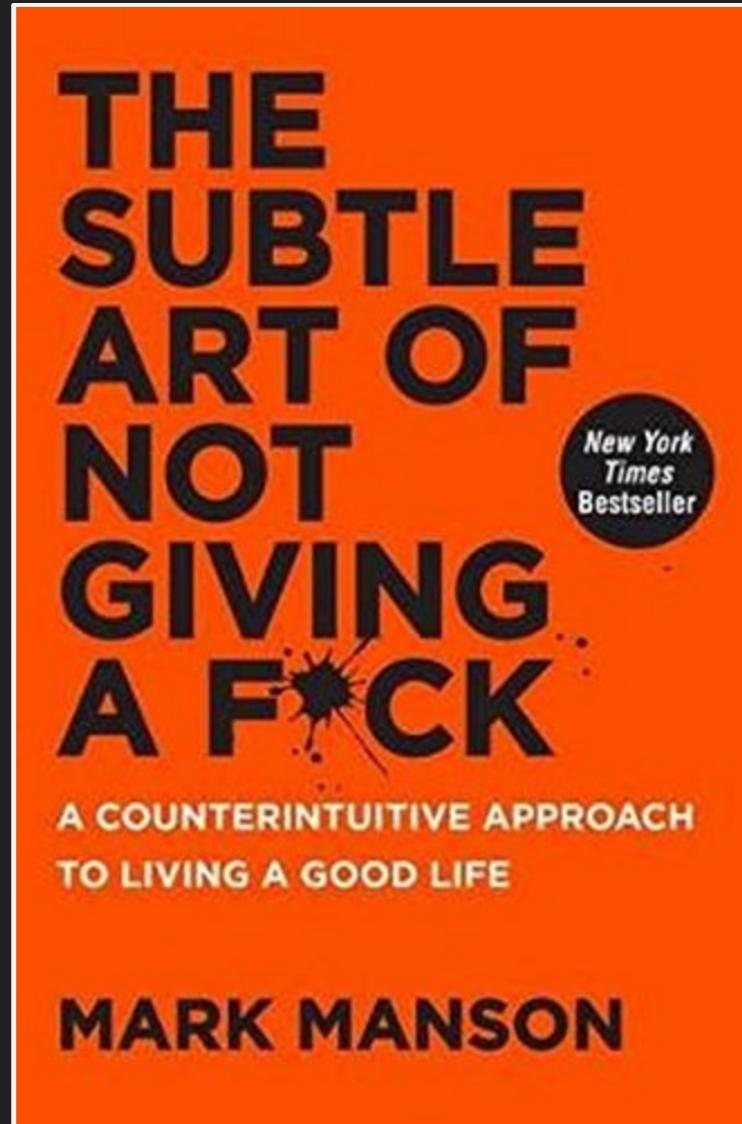
~~Information  
Dump~~

Clear Mind

Source of  
Truth

Single  
Focus

# Book Suggestion



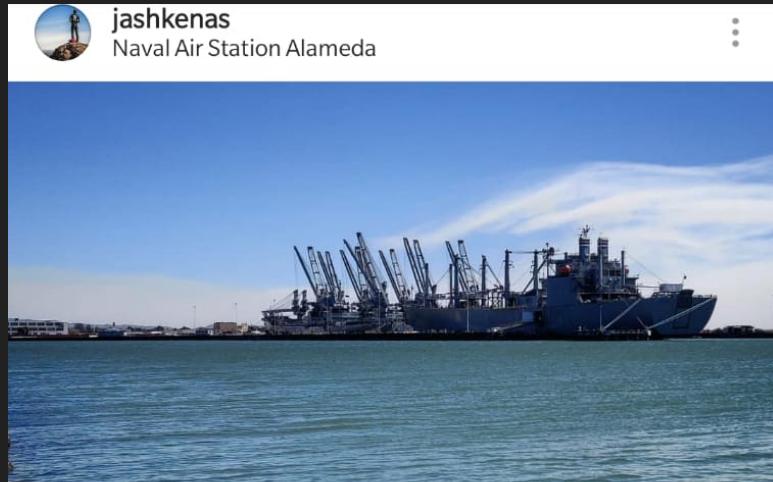
Clearing  
Your Mind

Controlling  
Emotions

# Mindfulness

Embracing  
Solitude

Incorporating  
Meditation



 I dived into your god damn "language" just like that. The only difference, it was a pure shit. Wish you and my project owner hot days in hell.

2h [Reply](#)



27 likes

OCTOBER 7



 I dived into your god damn "language" just like that. The only difference, it was a pure shit. Wish you and my project owner hot days in hell.

2h [Reply](#)

Jeremy Ashkenas, <https://goo.gl/PeBRku>

No Reasons  
to be Rude

Art of Unsent  
Letters

Focus on Positive Emotions

Focus on  
Success

Proactive  
Feedback

# Talk Suggestions

- Brett Cannon on Kindness
- Changelog Episode

Clearing  
Your Mind

Controlling  
Emotions

# Mindfulness

Embracing  
Solitude

Incorporating  
Meditation

Quiet  
Moments

Float  
Therapy

Art of Solitude

Learn About  
Yourself

Clear  
Judgements

Clearing  
Your Mind

Controlling  
Emotions

# Mindfulness

Embracing  
Solitude

Incorporating  
Meditation

Unguided  
Meditation

Guided  
Meditation

Meditation

Active  
Meditation

Consistency  
is Key

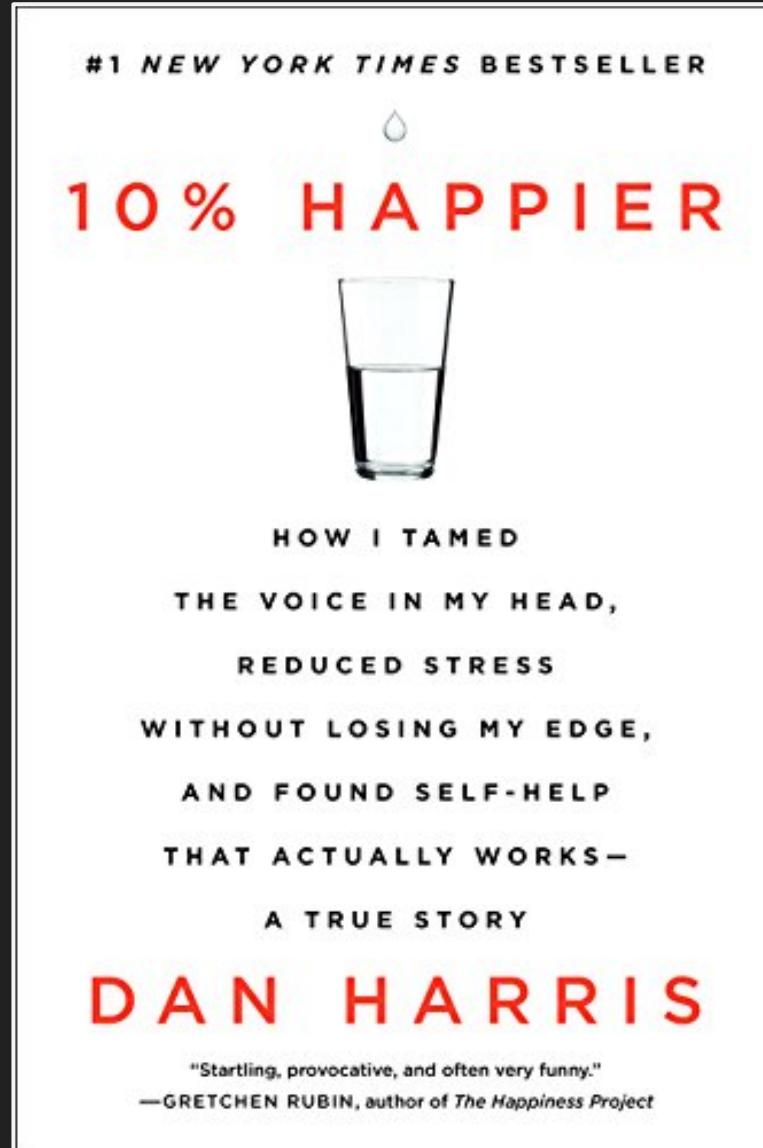
Need help to get started?

# Apps Suggestions

- Headspace
- Relax Meditation
- Calm

# Sceptical of Meditation?

# Book Suggestion



Sleep

Nutrition

# Grounds for anti-Stress

Fitness

Work

Office  
Environment

Communication

# Main Sources of Work Stress

Distractions

Project  
Planning

~~Open Office~~

Office Bribes

Office and You

Work on  
Plane

Work is just  
Work

# Book Suggestion



Office  
Environment

Communication

# Main Sources of Work Stress

Distractions

Project  
Planning

Asynchronous

Response  
Time

Communication

Setting  
Expectations

Names to  
Faces

Office  
Environment

Communication

# Main Sources of Work Stress

Distractions

Project  
Planning

Mobile  
Devices

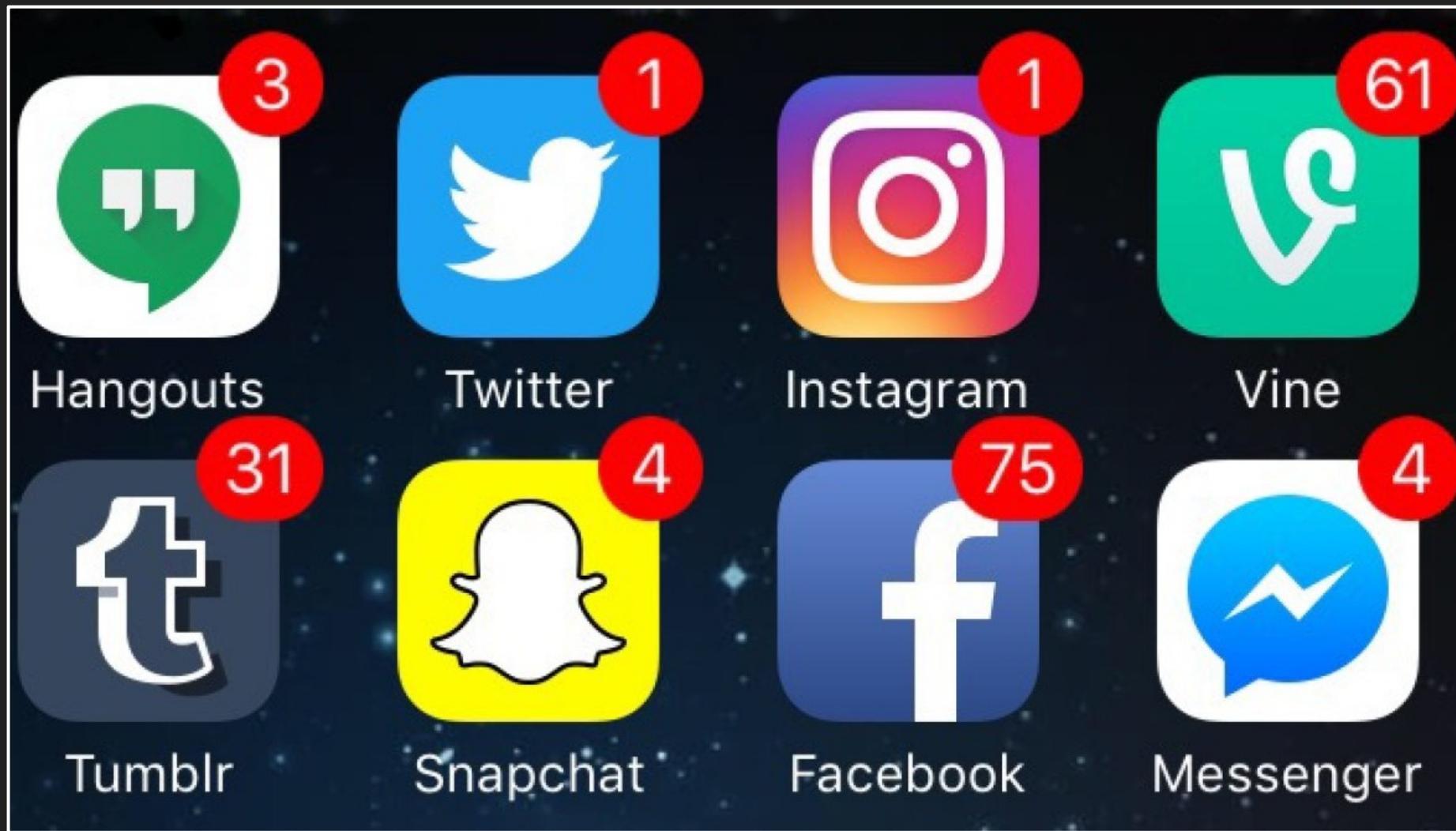
Noise  
Control

Distractions

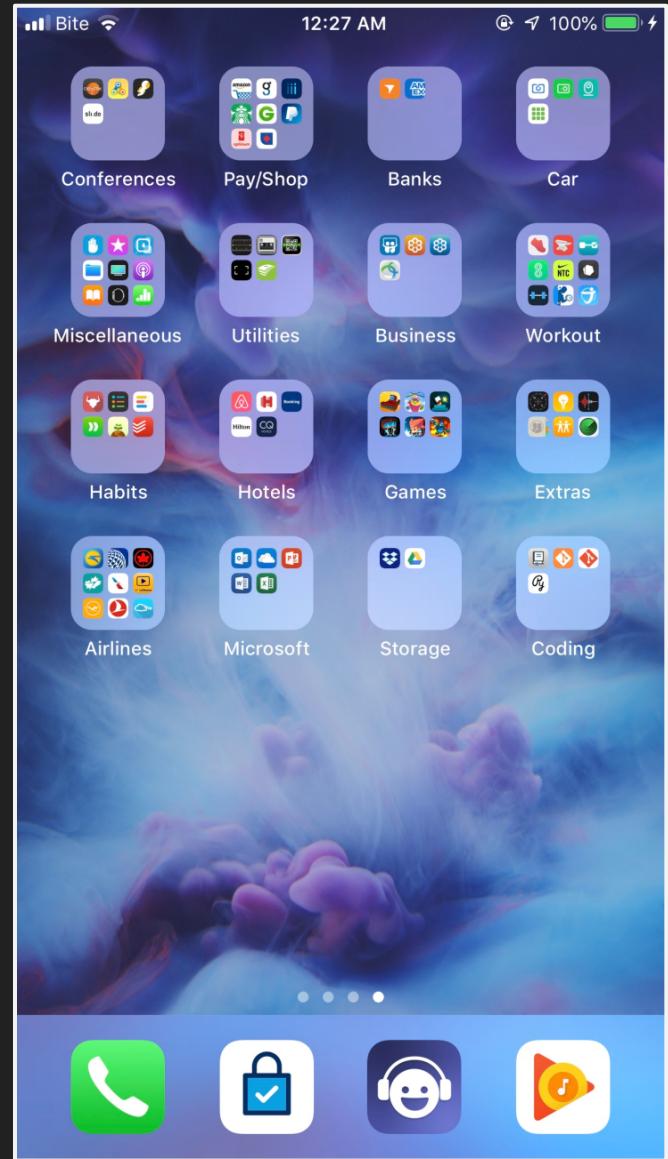
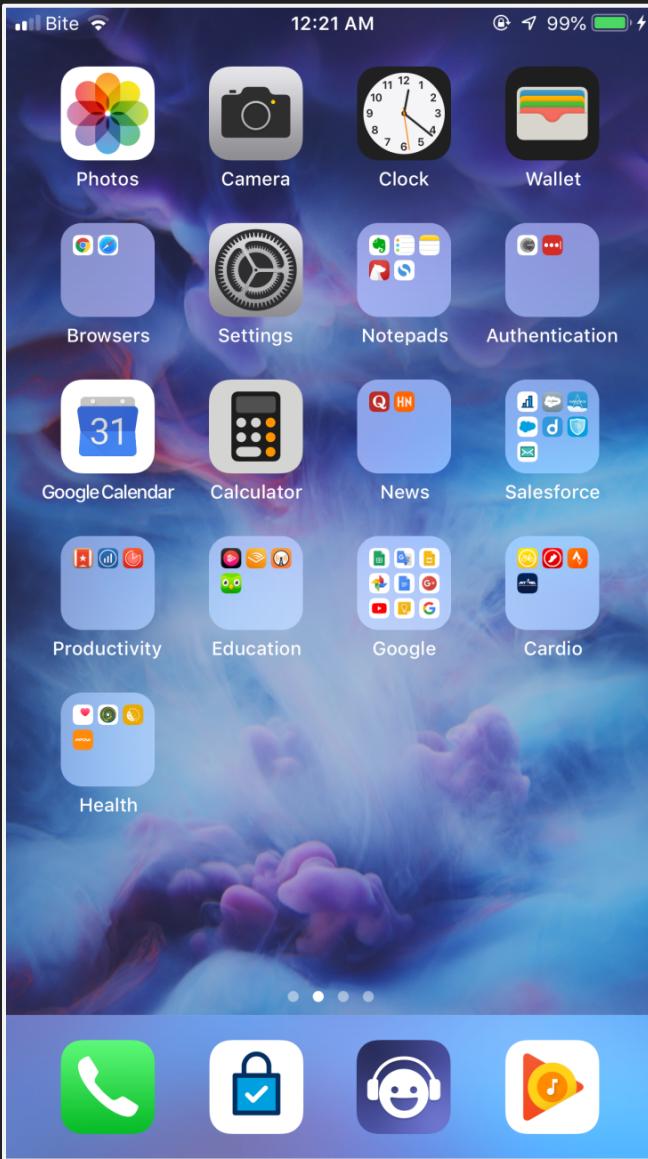
Setting  
Boundaries

Getting into  
Zone

# Before:



# After:



Arrange  
Apps

Disable  
Notifications

Mobile Devices

Don't Disturb  
Mode

Put Phone  
Away

Mobile  
Devices

Noise  
Control

Distractions

Setting  
Boundaries

Getting into  
Zone

Meaningless  
Noise

Sound  
Support

Noise Control

# Apps Suggestions

- Brain.fm
- Spotify
- MyNoise

Meaningless  
Noise

Sound  
Support

Noise Control

Noise  
Cancellation

# Solutions Suggestions

- Ear Plugs
- Earmuffs
- Noise Cancelling Headphones

Meaningless  
Noise

Sound  
Support

Noise Control

Noise  
Cancellation

Library  
Rules

Keep Quiet

Async  
Ping First

# Library Rules

Establish  
Office Hours

Discuss the  
Rules

Office  
Environment

Communication

# Main Sources of Work Stress

Distractions

Project  
Planning

~~Low Hanging  
Fruits~~

Dogfooding

# Project Planning

Parkinson's  
Law

Conway's  
Law

# Long Hours

## More Sources of Work Stress

### Productivity & Effectiveness

Creatures of  
Habit

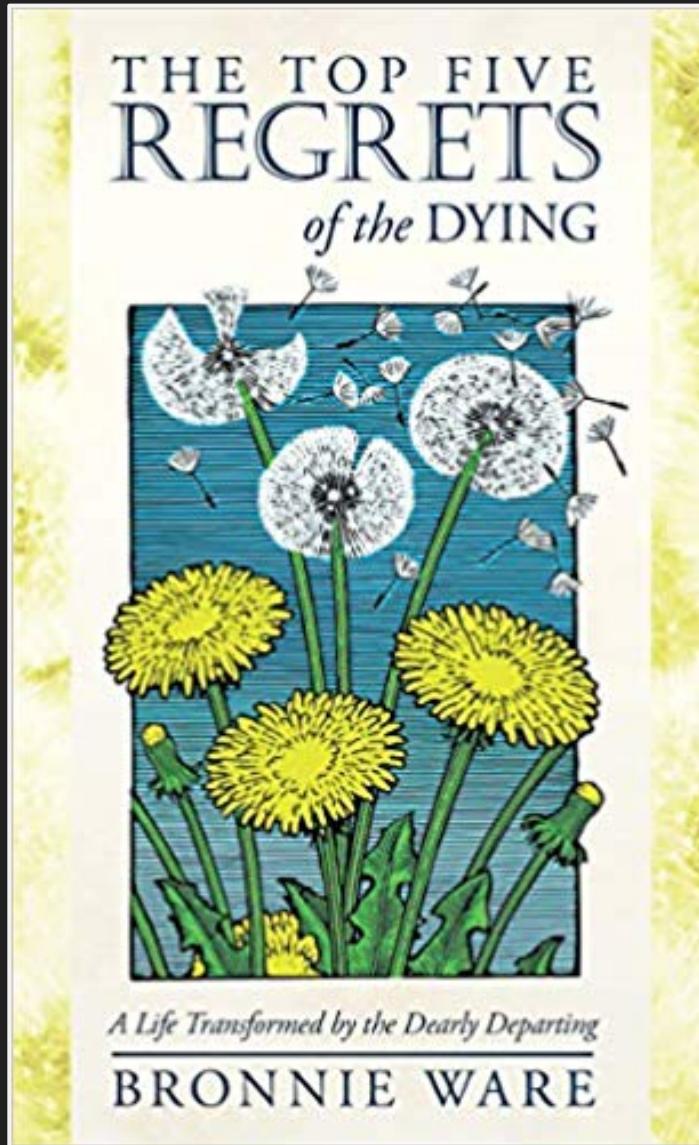
~~Unreasonable  
Expectations~~

Overwork/Long Hours

150% + 50%  
100% + 100%

Major Regret

# Book Suggestion



Long Hours

More Sources  
of Work Stress

Productivity &  
Effectiveness

$60 \times 1$

$15 \times 4$

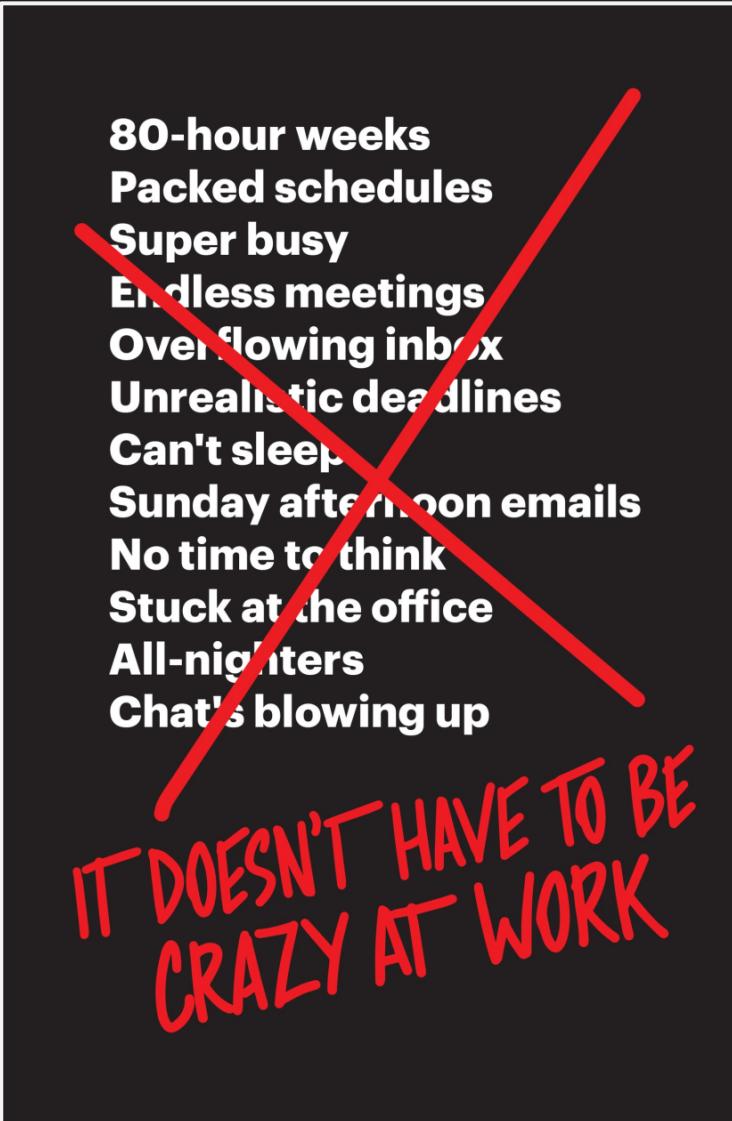
~~Unused  
Benefits~~

# Productivity & Effectiveness

~~Lost Passion~~

Challenge  
Yourself

# Book Suggestion



Sleep

Nutrition

Grounds for anti-Stress

Fitness

Work

Are there, emergencies?

Dogmatism

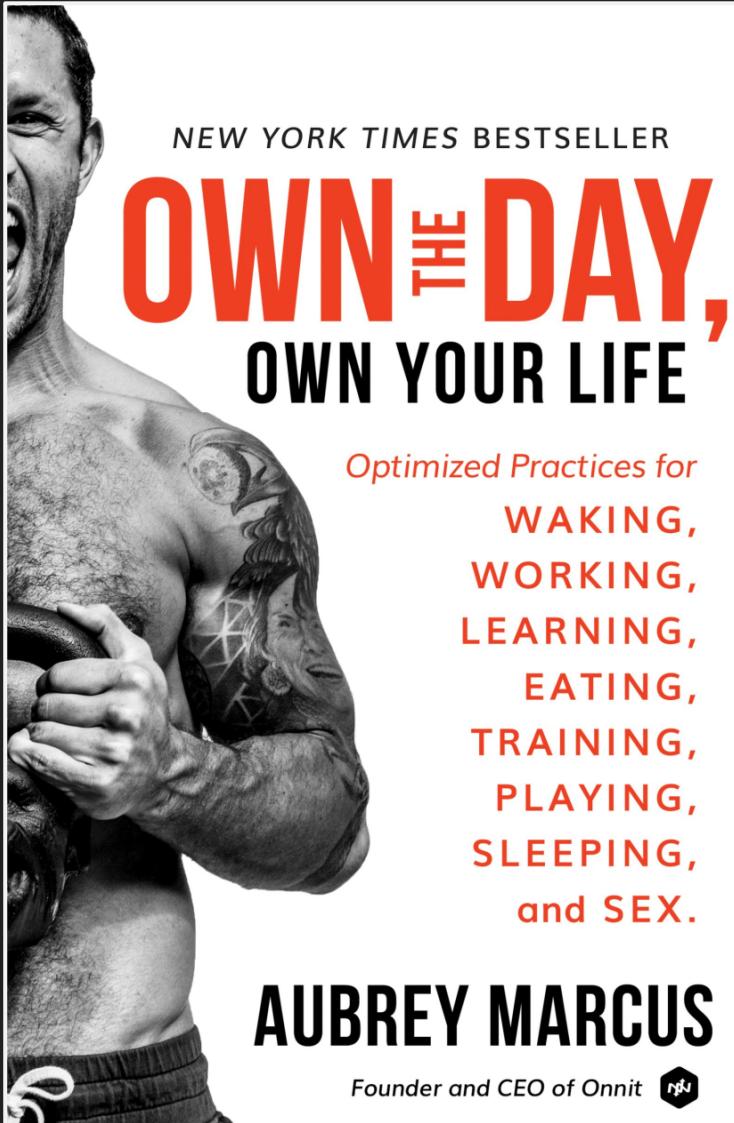
Jumping  
Too Fast

Receipts for Failure

Not Having  
Goals

Fighting  
Your Nature

# Book Suggestion



There is also double information

Find  
Specialist

Talk to  
Professional

## Recommendations

Experiment

Share your  
Experience

Skippet drastiskes i þær fyrsta aldir

Find  
Inspiration

Find  
Purpose

Beliefs

Find  
Community

Find  
Purpose

Inspire and  
be Inspired

Call For Action

Enjoy Life

# Q/A

# Contact Speaker

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