

Tales from the Field: How to Avoid Burnout



DataGrillen
Datenbanken
Bratwurst
Bier

Monica Rathbun
John Morehouse



Who Are We...



John Morehouse

Principal Consultant



He, him



/johnmorehouse



@sqlrus



Sqlrus.com

Monica Rathbun

Consultant



She, Her



/sqlespresso



@SQLEspresso



SQLEspresso.com

We Are Workaholics

DCAC A logo for DCAC consisting of the letters "DCAC" in a bold, blue, sans-serif font, followed by a small, light blue puzzle piece icon.

Denny Cherry
& Associates Consulting



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What is Burnout?

According to APA Dictionary of Psychology

“burnout is defined as “physical, emotional or mental exhaustion, accompanied by decreased motivation, lowered performance and negative attitudes towards oneself and others.”



The World Health Organization Classifies Burn-out an "occupational phenomenon": International Classification of Diseases

Burnout Statistics in Technology

According to Yerbo



56% 69%

Can't relax once their workday is over

43%

Feel disengaged from work

27%

See no value in their work

4 in 10

More burned out than a year ago

40% 38%

Mid-level income in the \$30,000 to \$60,000 range experience a burnout rate vs 100,00 & above

Leads Many Mental or Psychosomatic Illnesses Such as Depression, Withdrawal, Anxiety, Chronic Fatigue

Causes of Burnout



Lack of Control
Lack of Clarity
Conflict with others
To much or too little to do
Lack of support
Problems with Work-Life balance



Symptoms of Job Burnout

Steady Routine



Wake Up Same Time Daily



Dress for Work



Report to Work



Leave Work

Leaving Work

If you work from home....

Leave the “office” on a routine.

Emails can wait until the morning

Stay out of the I can do this real quick mind set



Guard Your Time

Your time is your
most important asset

Stop having meetings
for the sake of having
a meeting

Be aware of other
peoples' time



Calendar Management

Combine Personal
& Work Calendar

Self-service
Calendar
Management



Get Physical

Yoga - Exercise - Walks - Mindful Meditation - Naps





Take a Real Lunch Break

STOP EATING AT YOUR DESK

DND



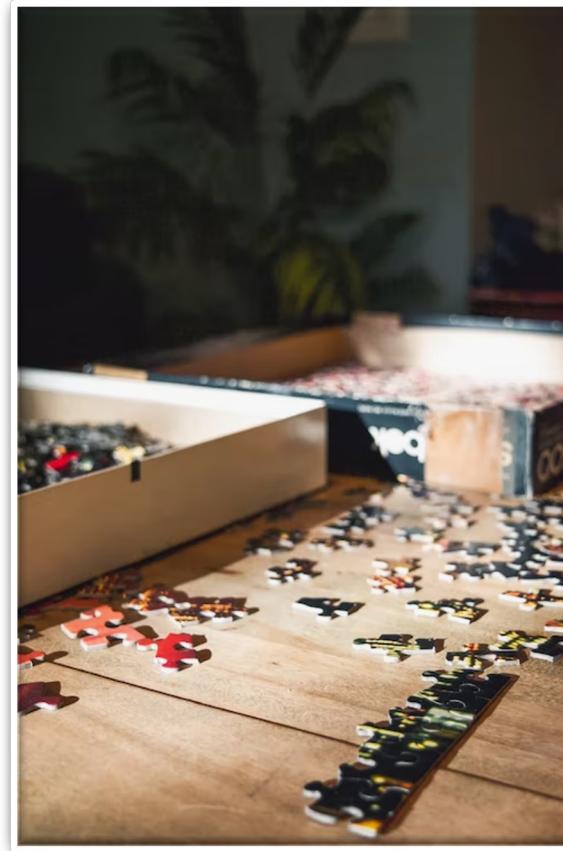
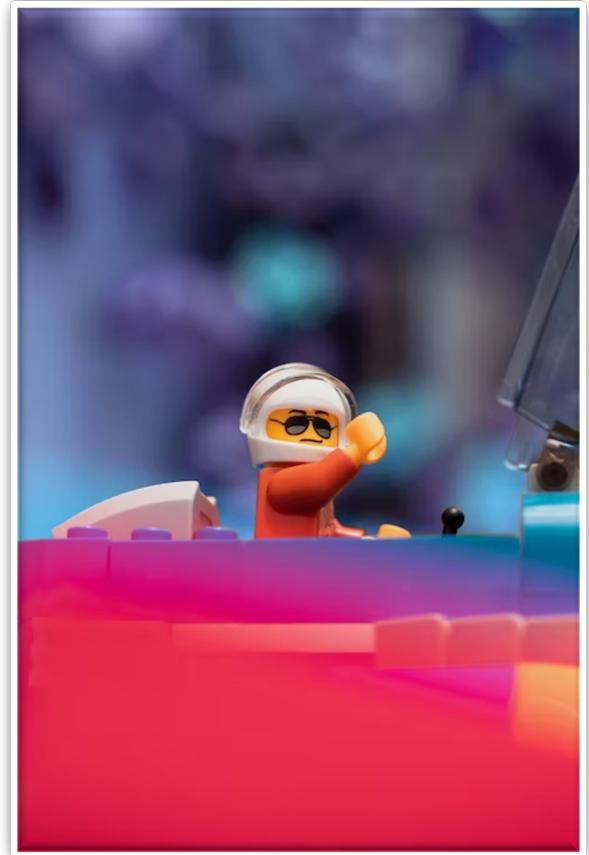
Do Not Disturb

Set a schedule to turn off
alarms & notifications

Ditch the iWatch

Leave your laptop at home
while on vacation *gasp*

Fun Activities



(Only one out of four involves electronics)

IT IS OKAY

TO SAY NO

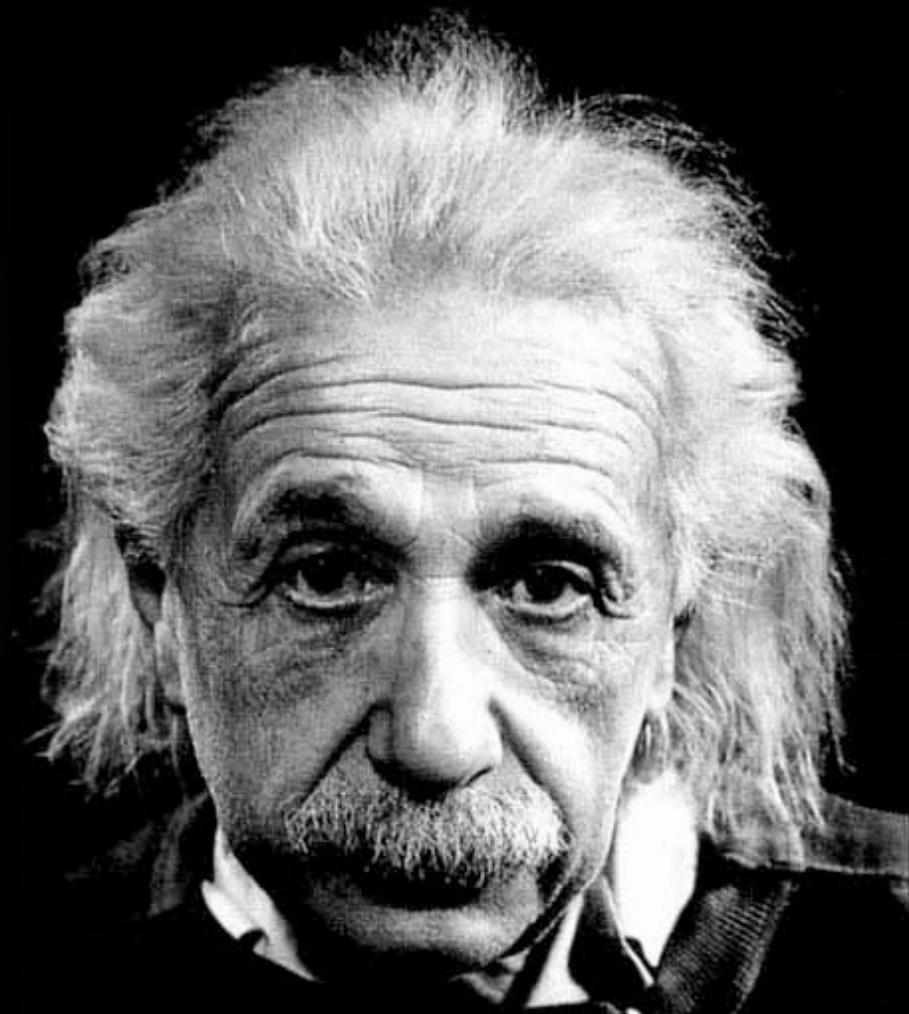
TO WORK



“Everything should be made
as simple as possible,
but not simpler.”

Albert Einstein

**Do not apologize for
living**





Get Help When Needed

**Life may seem easy on
the outside...**

**Check on your happy
friends...**

**You Never Know,
Unless You Ask**



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Your Feedback
Matters.



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Your Data, Our Expertise
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