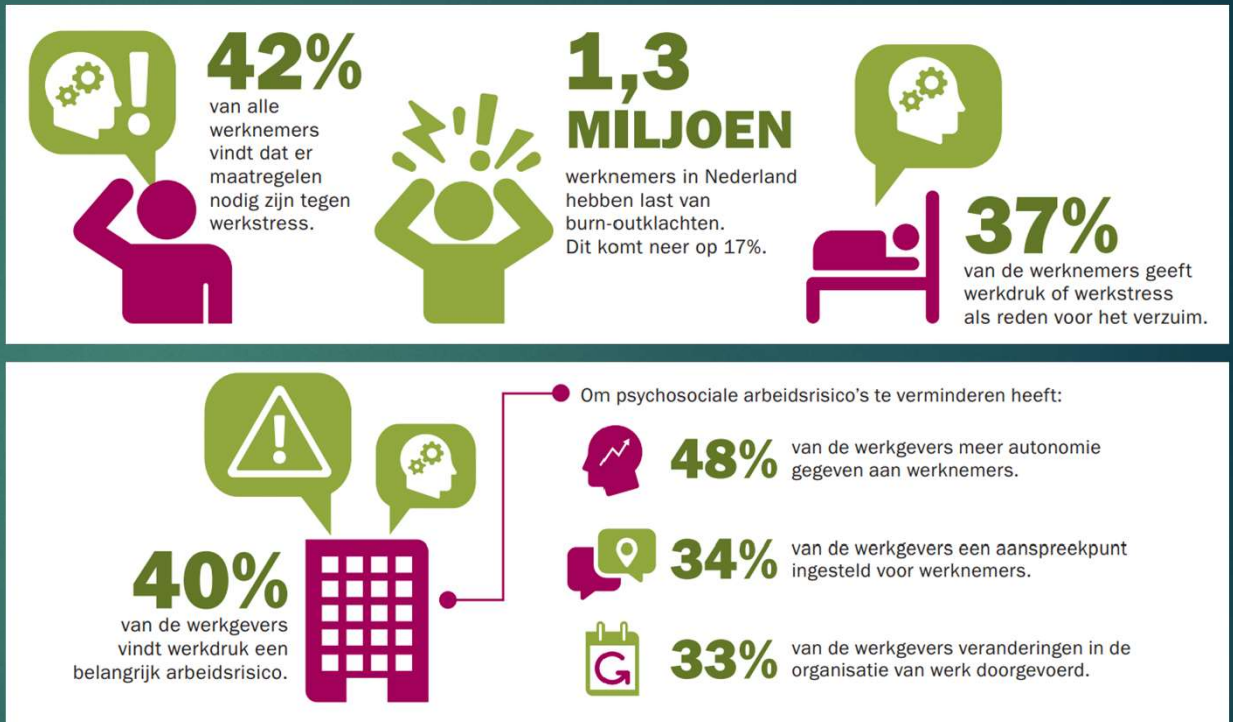# import full-focus as ff

… HOW TO REDUCE STRESS AND PRESSURE AS A DATA SPECIALIST
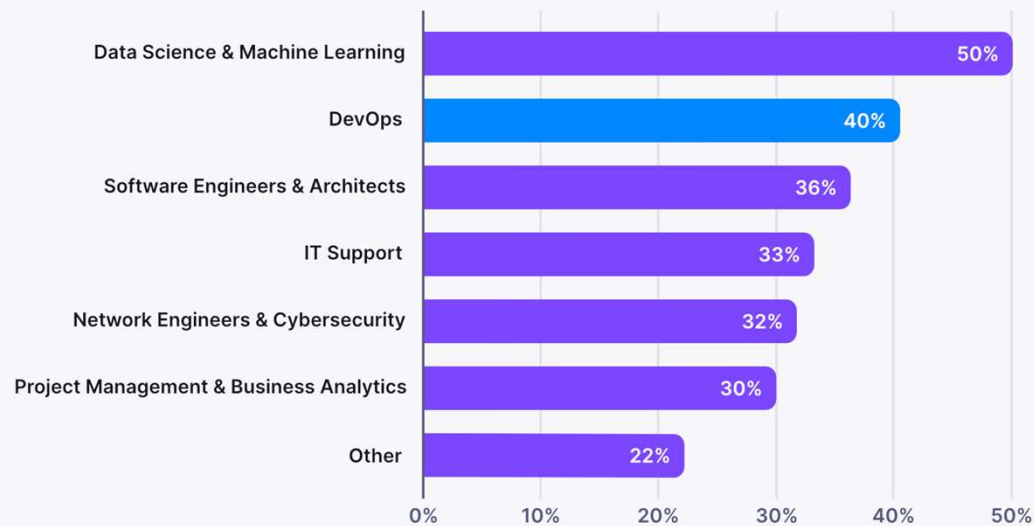
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Why?

- 17% of Dutch employees with burn-out symptoms

- 42% employees require actions

- 40% employers see a risk for business continuity

- Still a lot of room for improvement: 50% - 30% organizations apply mitigation measures.

42% van alle werknemers vindt dat er maatregelen nodig zijn tegen werkstress.

1,3 MILJOEN werknemers in Nederland hebben last van burn-outklachten. Dit komt neer op 17%.

37% van de werknemers geeft werkdruk of werkstress als reden voor het verzuim.

40% van de werkgevers vindt werkdruk een belangrijk arbeidsrisico.

Om psychosociale arbeidsrisico's te verminderen heeft:

48% van de werkgevers meer autonomie gegeven aan werknemers.

34% van de werkgevers een aanspreekpunt ingesteld voor werknemers.

33% van de werkgevers veranderingen in de organisatie van werk doorgevoerd.

Nationale Enquête Arbeidsomstandigheden (TNO, Dutch questionnaire on working conditions)

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We are winners!

What is the most stressed IT area?

IT Area	Percentage
Data Science & Machine Learning	50%
DevOps	40%
Software Engineers & Architects	36%
IT Support	33%
Network Engineers & Cybersecurity	32%
Project Management & Business Analytics	30%
Other	22%

0% 10% 20% 30% 40% 50%

*% of the respondents who admitted they feel stressed at work "often" or "very often"

spacelift

Spacelift.io

3. **Heavy workload + Insufficient skills = Stress.**

51% of all respondents identified heavy workload as the top stressor, while DevOps are most stressed due to insufficient skills (13% of them compared to 8% among IT average and 9% non-IT).

4. **39% of DevOps engineers admit that work-related stress impacts their personal lives.**

This is the highest percentage in all segments we surveyed, with the others ranging between 21% (other IT) and 12% (non-IT). Moreover, **60% of DevOps choose to blame themselves as a way to deal with stress**. No other group was revealed to be as self-critical.

5. **Listening to music and playing video games as coping mechanisms.**

IT and non-IT professionals use music as the most common way of coping with stress (73% and 66%). **DevOps (62% of them) use gaming as a #1 coping mechanism**, and over 45% of the IT said the same.

6. **DevOps and other IT get irritated easily.**

More than half (55%) of DevOps noted **irritability** as the most common stress symptom (44% of all IT professionals did the same), while non-IT named **depression**.
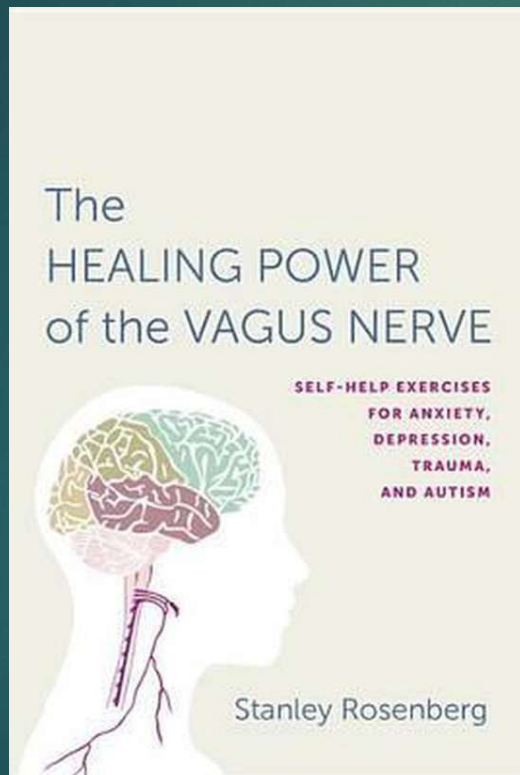
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Content

▶ *What prevents full focus?*

▶ *Relationship full focus and stress*

▶ *What is stress?*

▶ *What is our nervous system irt focus?*

▶ *How to focus and 'stress for the good'?*

Google images

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How stress helps and prevent full focus

The
HEALING POWER
of the VAGUS NERVE

SELF-HELP EXERCISES
FOR ANXIETY,
DEPRESSION,
TRAUMA,
AND AUTISM

Stanley Rosenberg

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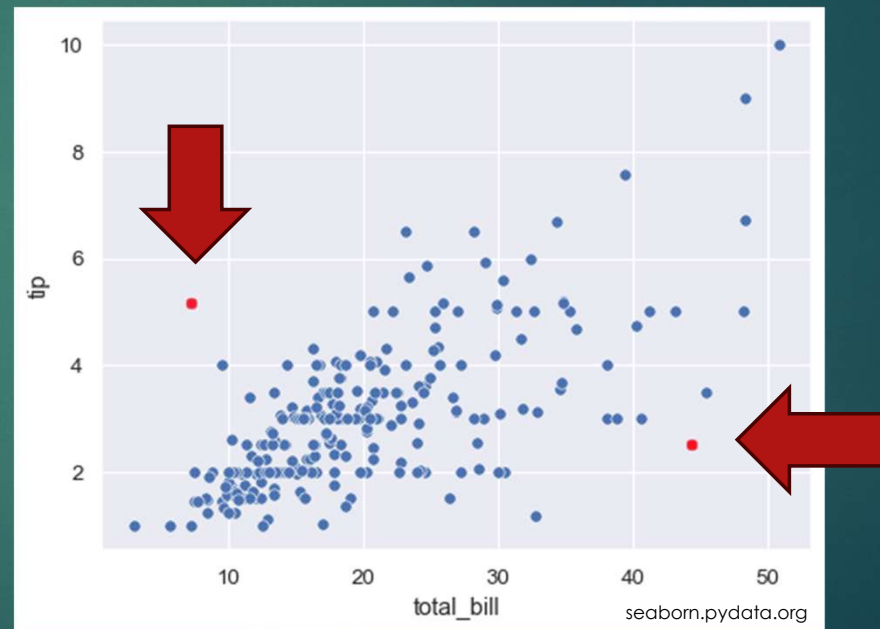- ▶ Requirements for full-focus

- ▶ Brain design

- ▶ Raptilian

- ▶ Limbic

- ▶ Neo cortex

What is stress?

Stress

- ▶ *The outliers in your events, represented as data points in your plots and brains.*

- ▶ *"A normal response to an abnormal situation."*

- ▶ *Organism*

- ▶ *Perfect*

seaborn.pydata.org

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What is your nervous system?

... FROM PHYSIOLOGICAL AND FUNCTIONAL VIEWS

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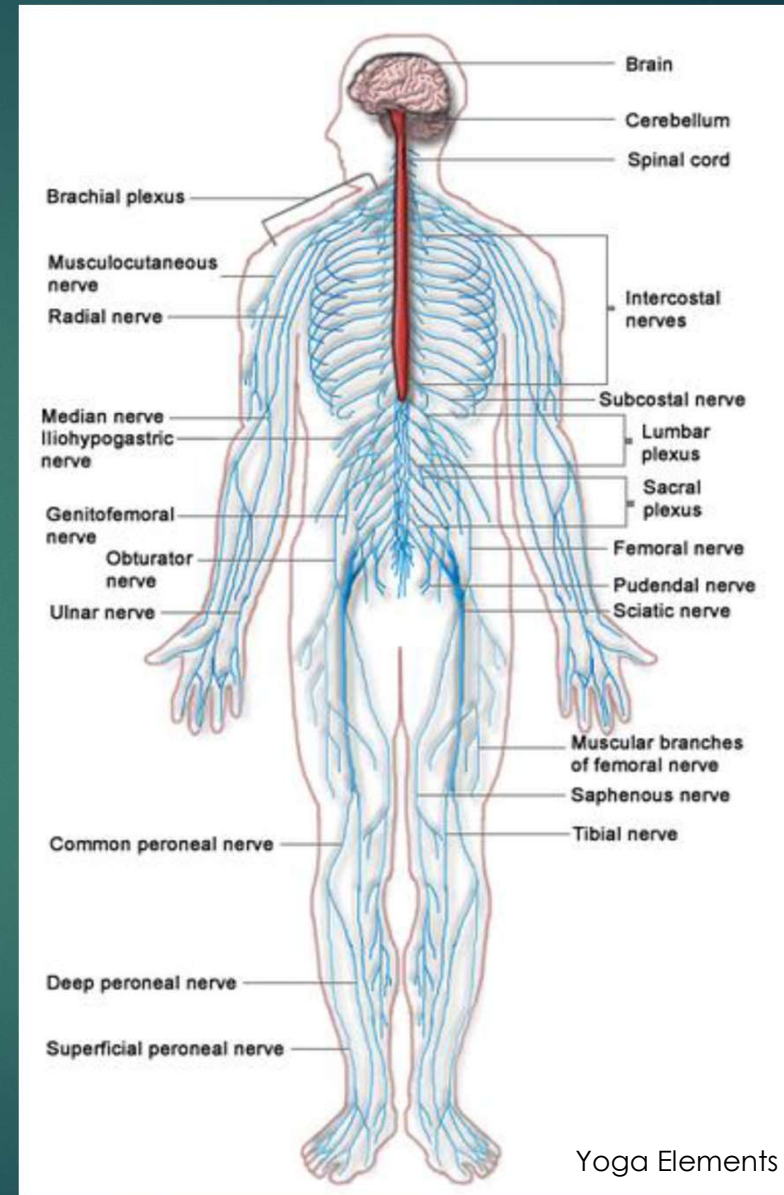# Dissecting the nervous system (NVS)

Physiological view:

- Central nervous system (CNVS)
  - Large-, small brains, brainstem, spinal cord
- Peripheral nervous system (PNVS)

Functional view:

- Controllable nervous system
- Autonomous nervous system

Brain
Cerebellum
Spinal cord
Brachial plexus
Musculocutaneous nerve
Radial nerve
Intercostal nerves
Subcostal nerve
Median nerve
Iliohypogastric nerve
Lumbar plexus
Sacral plexus
Genitofemoral nerve
Femoral nerve
Obturator nerve
Pudendal nerve
Sciatic nerve
Ulnar nerve
Muscular branches of femoral nerve
Saphenous nerve
Tibial nerve
Common peroneal nerve
Deep peroneal nerve
Superficial peroneal nerve

Yoga Elements

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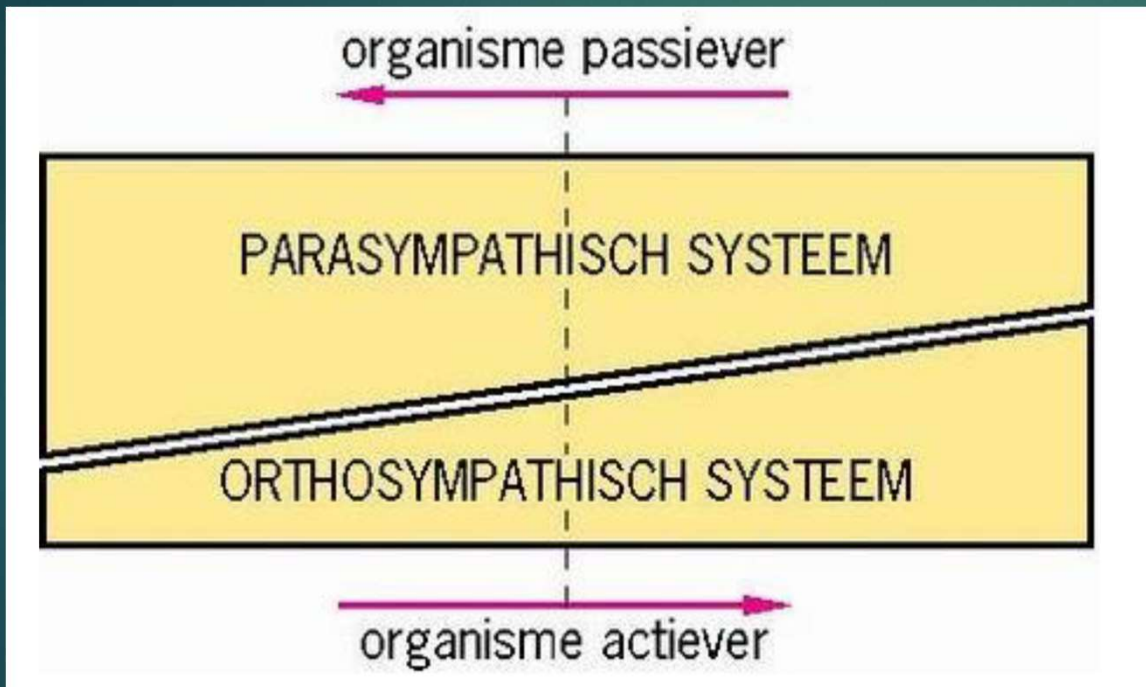# Nervous system (NVS) states

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▶ Orthosympatic system vs Parasympatic system

▶ *Nervous system state: a **filter** through which your NVS experiences the world*

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Nervous system (NVS) states

organisme passiever

PARASYMPATHISCH SYSTEEM

ORTHOSYMPATHISCH SYSTEEM

organisme actiever

Google Images

- ▶ Parasympatic system

- ▶ Orthosympatic system

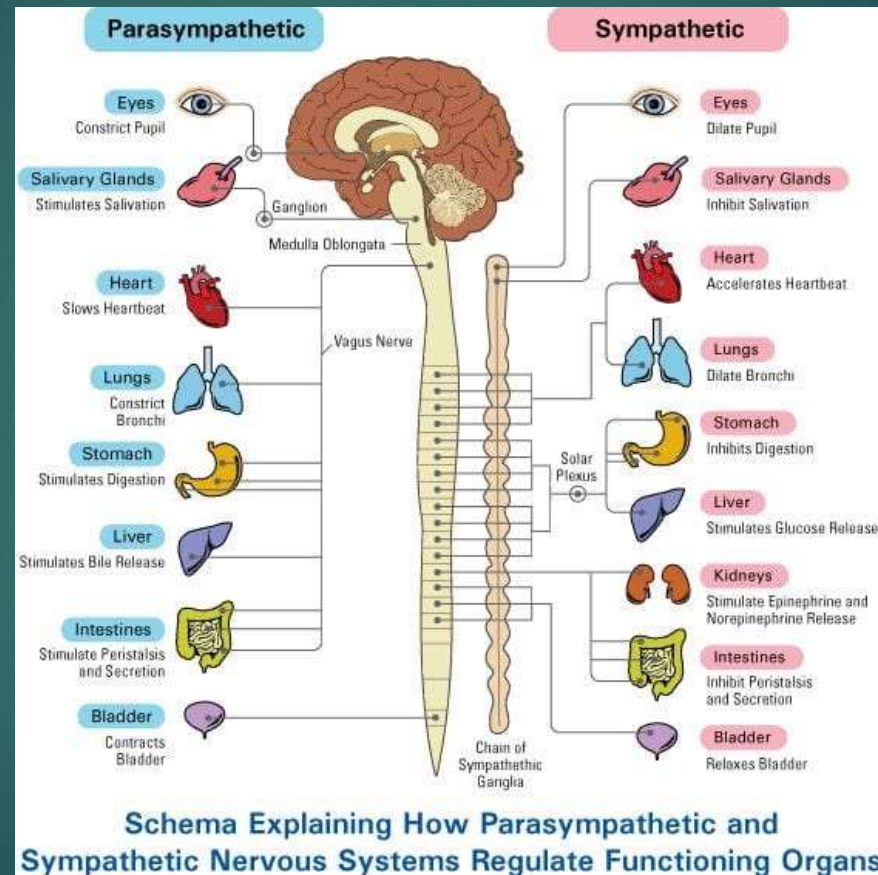- ▶ Fight or flight

- ▶ Neuroception. Instant. Automatic.

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(Para)sympatic, organs and functions

Rest and Digest

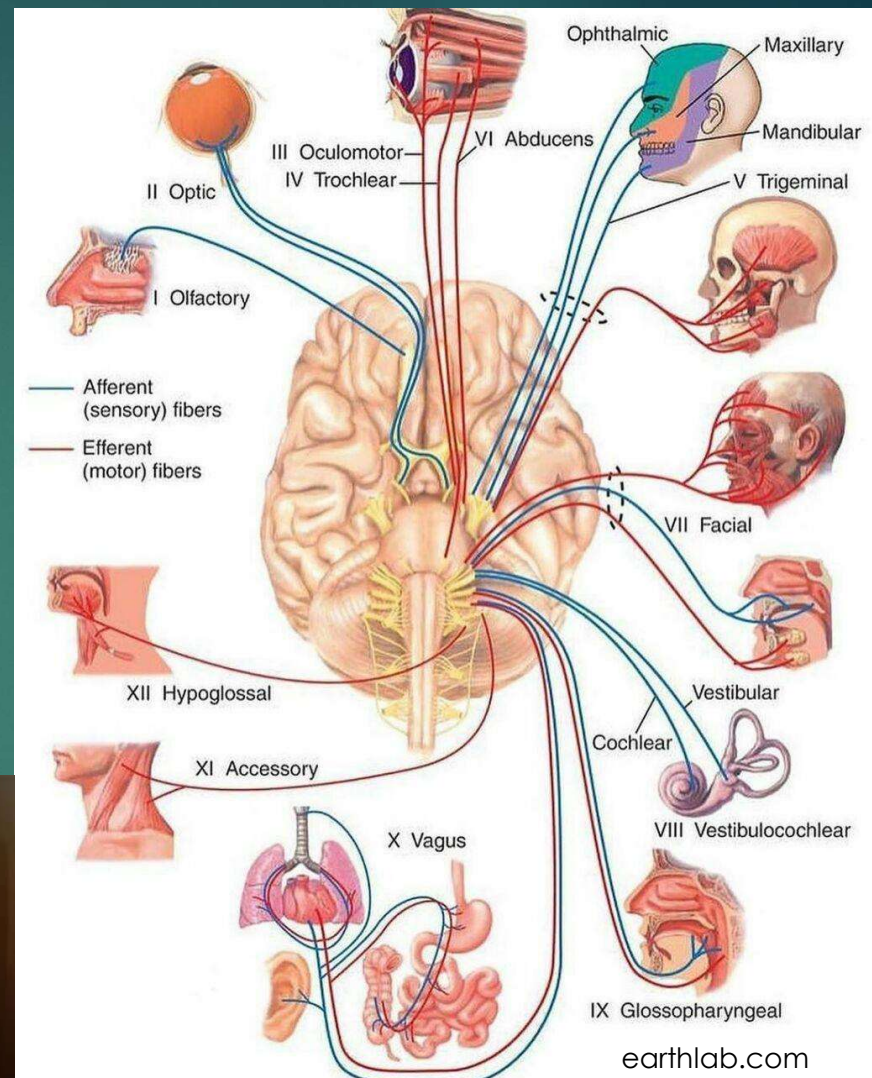Fight or Flight

https://bit.ly/3YGoFLu

Cranial nerves (CN)

- 12 nerve (pairs) sensory and motoric

- Nerves with direct contact to the autonomous nervous system

- CN actions under stress vs focus state

Google images

earthlab.com

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Nervous system state and breathing

Nervous sys. state	IN breath	OUT breath	Breath. rhythm
Ventral social	👃 Nose	👃 Nose	Arrhythmic
Slightly sympatic	👃 Nose	👃 Nose	Rhythmic
Sympatic	👃 Nose (F)	👄 Mouth	Flow
Sympatic Fight	👄 Mouth	👄 Mouth (F)	In control
Sympatic FLight	👄 Mouth (F)	👄 Mouth	Out of control
Dorsal shutdown	👄 Mouth	👄 Mouth	Shallow / high / sticking

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(F) = focus

Stress
~~A.I.~~
~~Data~~ for the good

TAKEAWAYS

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Stress for the good

Google Images

- ▶ Prevent continuous; dysfunctional stress, gain and keep focus.

- ▶ Organism idle time

- ▶ Breathing is key

- ▶ Support 1, help many
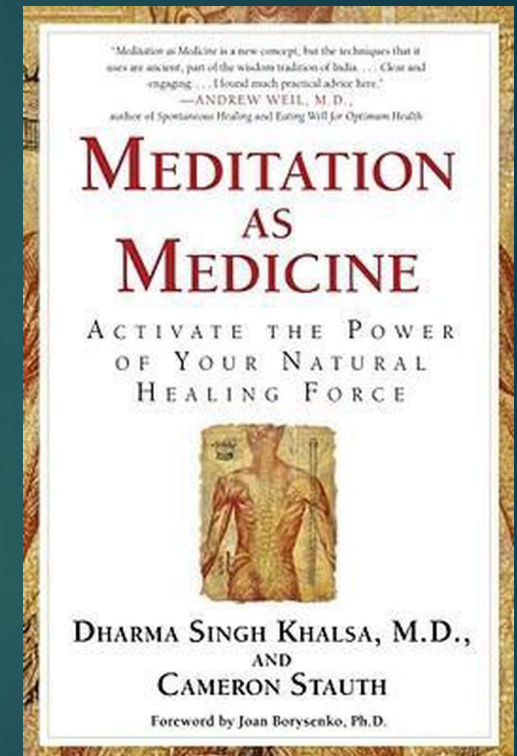
- ▶ Create great code

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Thank you for your attention!
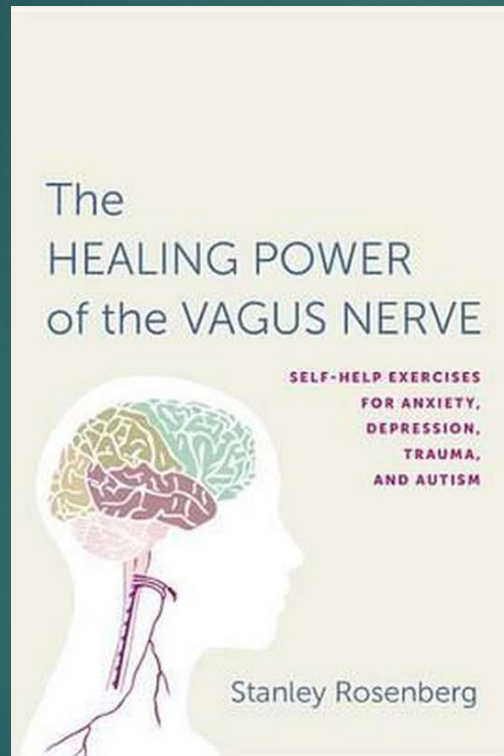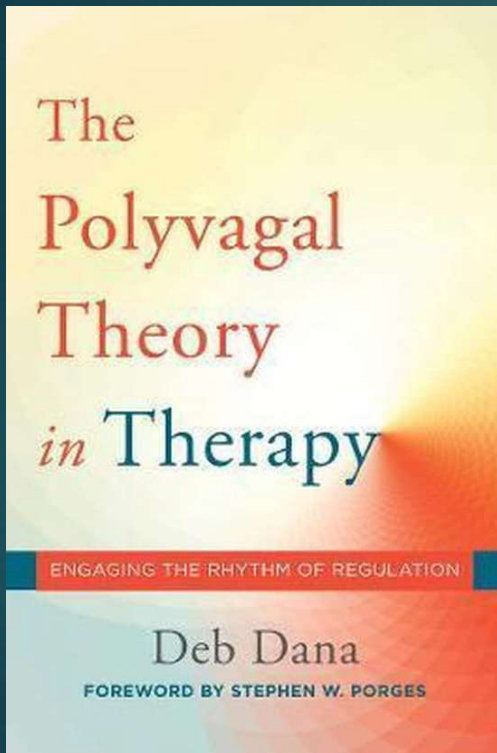
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Additional literature

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Reading tips

The Polyvagal Theory in Therapy
ENGAGING THE RHYTHM OF REGULATION
Deb Dana
FOREWORD BY STEPHEN W. PORGES

The HEALING POWER of the VAGUS NERVE
SELF-HELP EXERCISES FOR ANXIETY, DEPRESSION, TRAUMA, AND AUTISM
Stanley Rosenberg

TRE Trauma- en spanningsreducerende oefeningen
David Berceli

MEDITATION AS MEDICINE
ACTIVATE THE POWER OF YOUR NATURAL HEALING FORCE
DHARMA SINGH KHALSA, M.D., AND CAMERON STAUTH
Foreword by Joan Borysenko, Ph.D.

Anatomie: https://yoga-elements.nl/

Hormonen: https://www.natuurel.nl/

www.TRE-nederland.nl

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Reading tips

The Dark Secret Behind the Ice Man | Wim Hof | Goalcast
https://youtu.be/Ame5F9MaGJA