

Hi Kubernetes!

Stress & Mental Health in Technology during unprecedented times



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Working in technology is demanding

Stress in technology is normalized

Burnout is real

What happens during stress?





@bbcamerica

Why are technologists so stressed?

natural disasters

violence/mass shootings

complex work relationships



equivocal deadlines

long hours

on-call

high expectations

frequent failure

imposter syndrome

global pandemic

inequality
politics



complex personal relationship

global warming

uncertainty

certainty creates COMFORT
uncertainty creates DISCOMFORT

WE GRAVITATE TOWARDS CERTAINTY



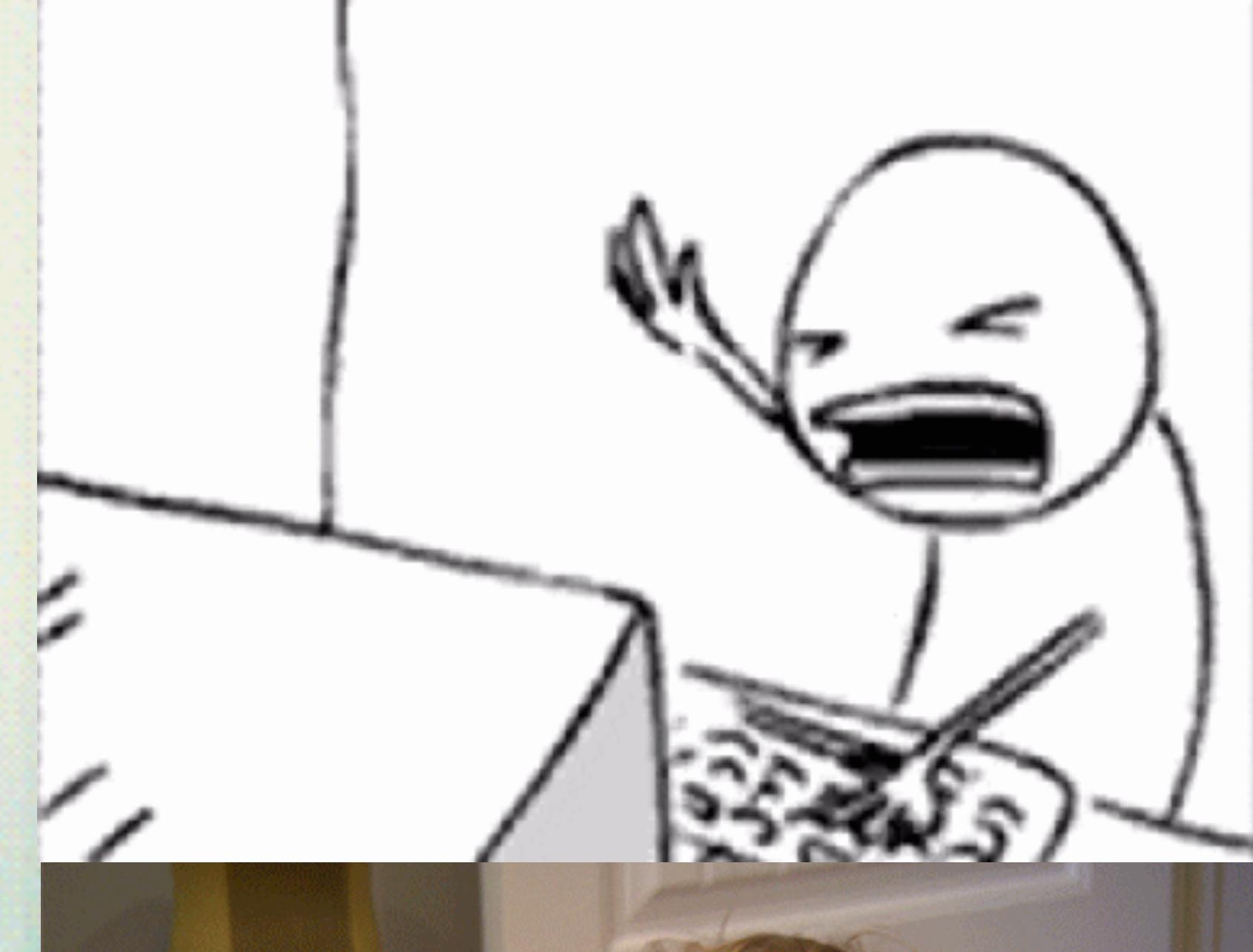
fear /'fir/ noun
an unpleasant emotion
caused by the belief that
someone or something
is dangerous, likely to
cause pain, or a threat.



@bbcamerica

Emotions make excellent servants,
but tyrannical masters.

John Seymour



What you think is what you feel

If you want to stop feeling stressed and anxious
or [blank],
take a break
from attending to what results in those emotions



NOTE: breaks are not avoidance



gifs.tastefullyoffensive.com/post/98030782097



rumination/

rōōmə'nāSH(ə)n/

noun

a deep or considered
thought about
something.

~1 in 5 (22%)
have a
mental health disorder
(The Lancet, 2019)

1 in 20 (5%)
have a
Serious
mental health disorder
(The Lancet, 2019)

1 in 2 (22-51%)
in technology
have a
mental health disorder
(OSMI, 2016)

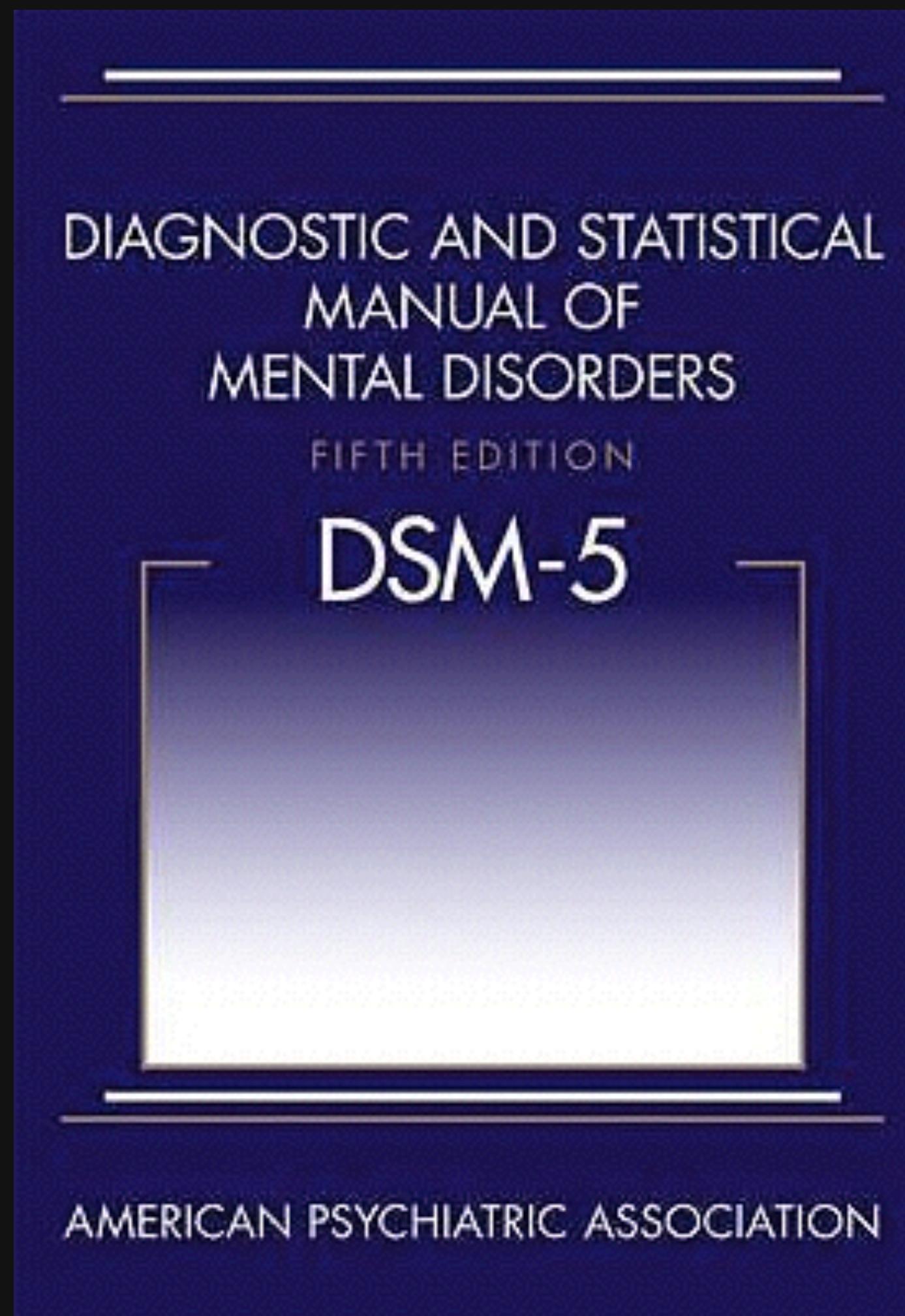


Mental Disorder Prevalence

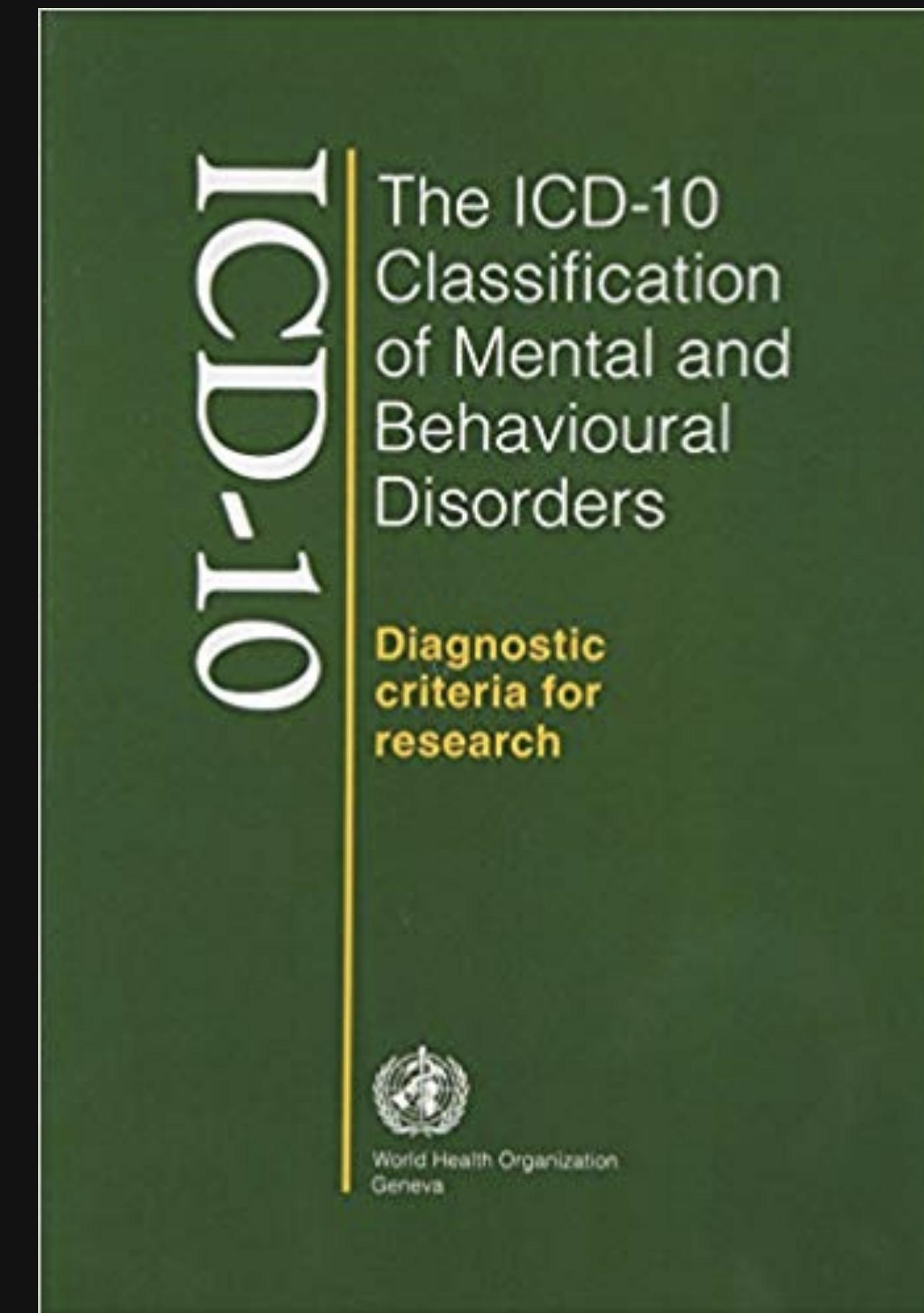
MENTAL ILLNESS

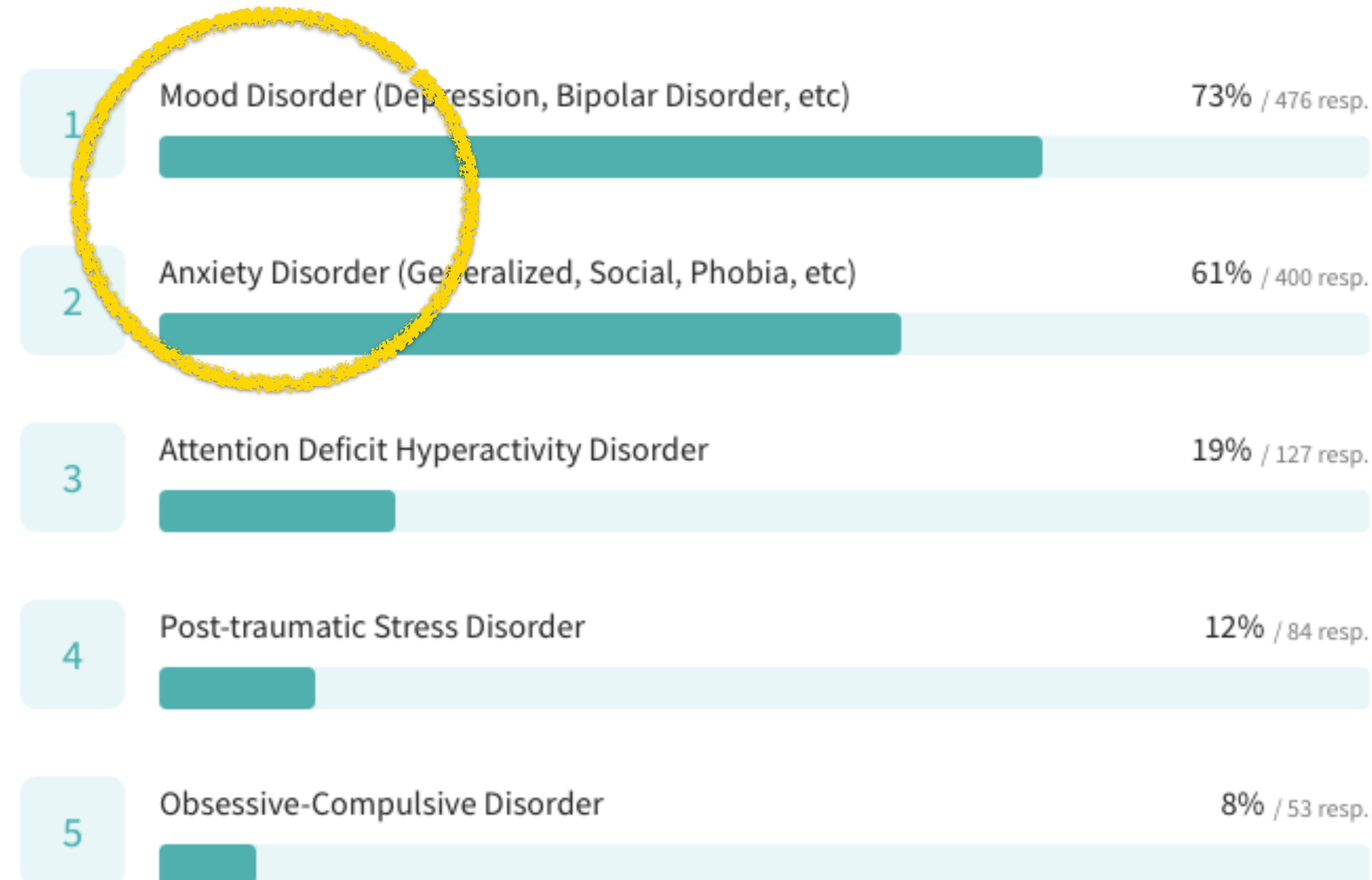
American Psychiatric
Association

World Health
Assembly



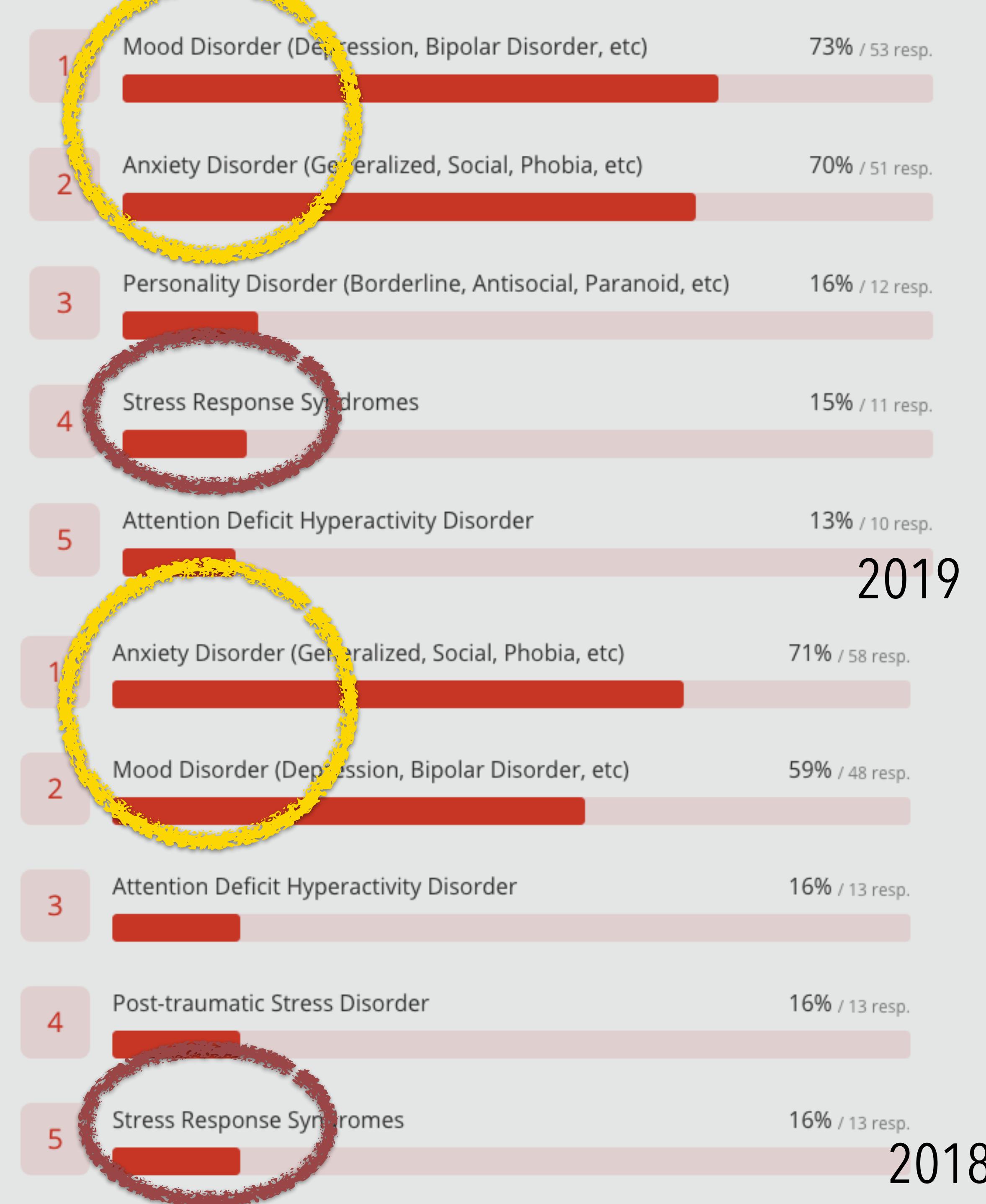
and



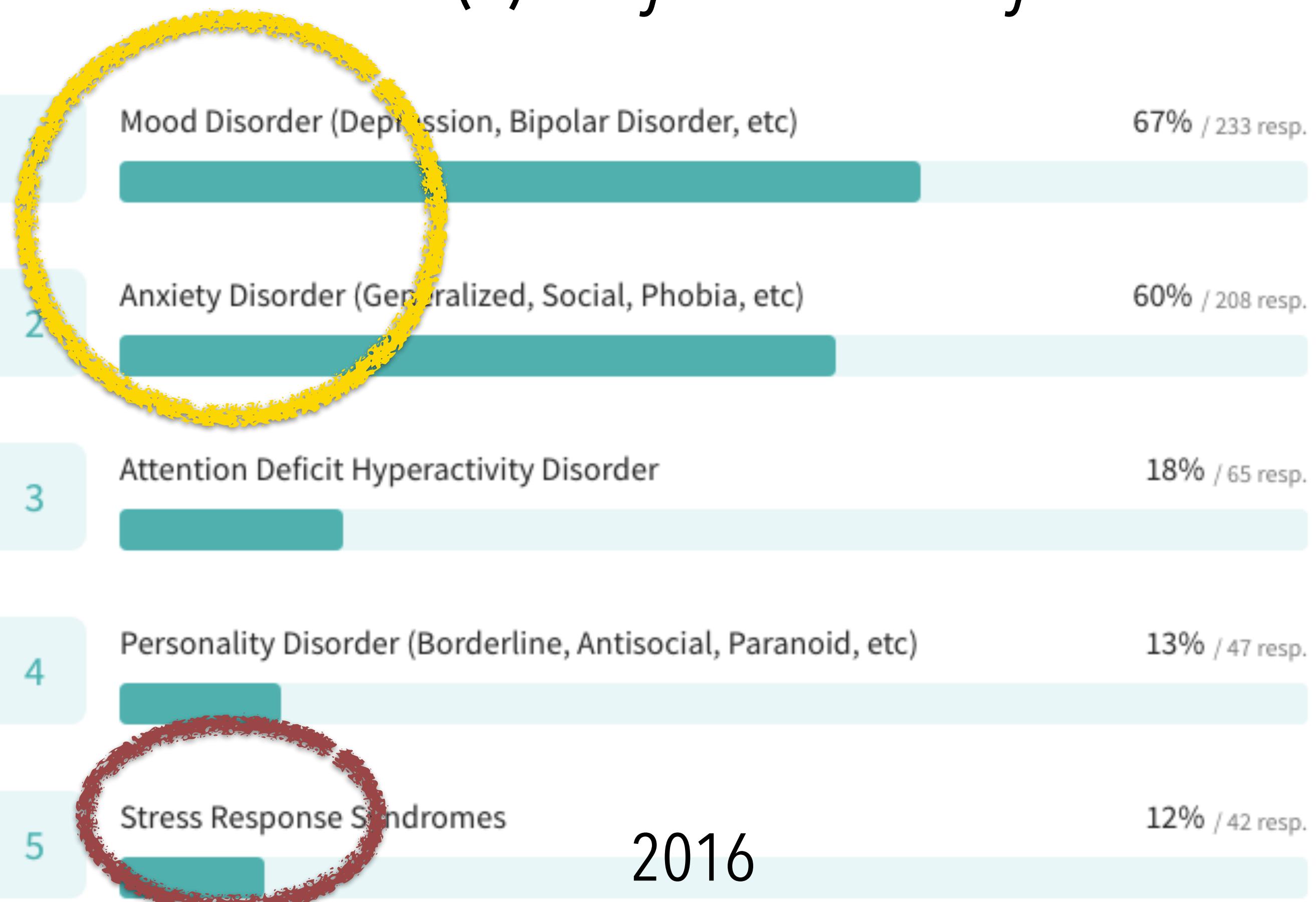


osmihelp.org 2018





What disorder(s) do you believe you have?



Why are so many professionals in tech diagnosed with a mental health condition?



Burnout

Adrenal fatigue

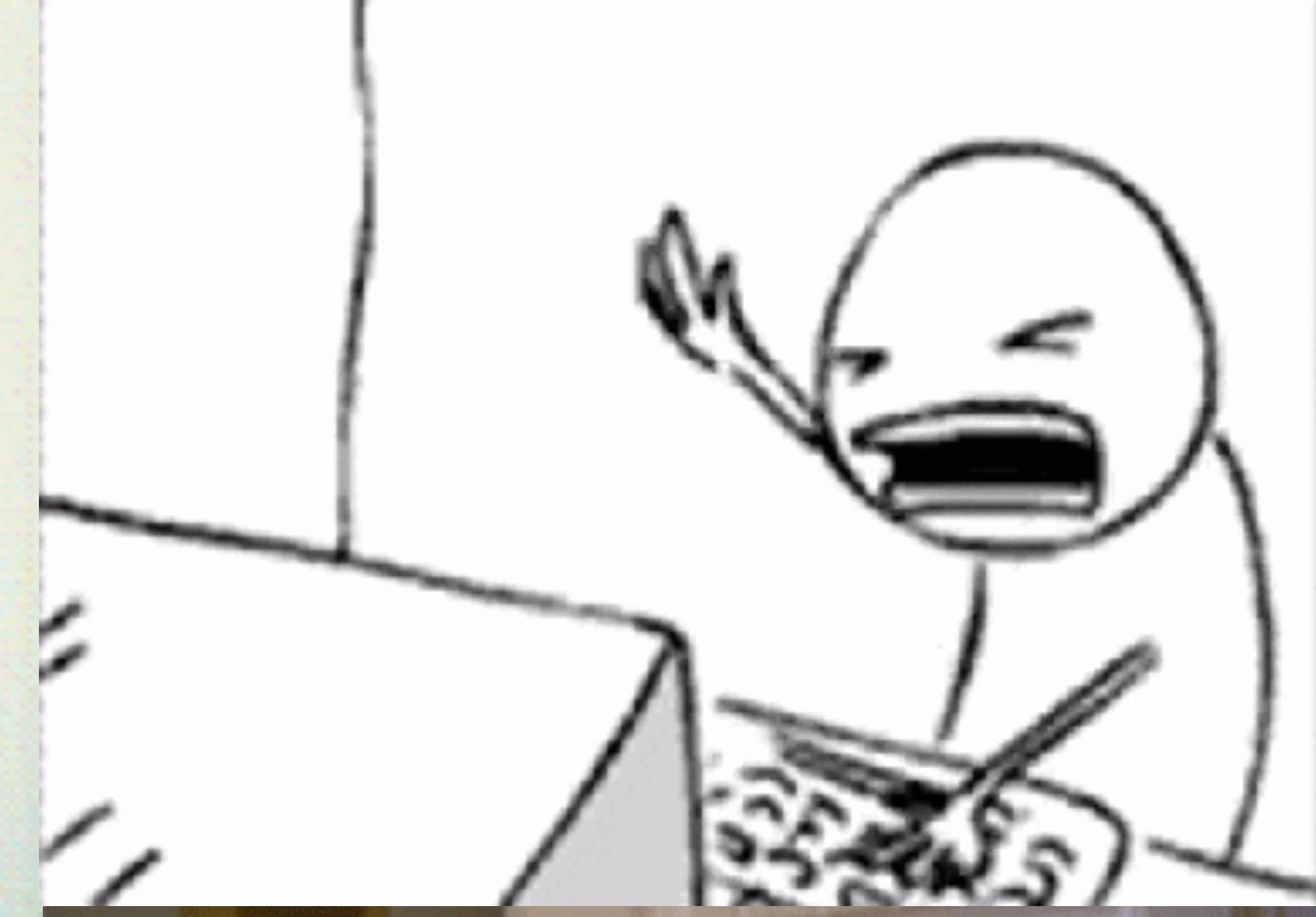
Acute stress disorder

Fight-or-flight

Depression

Anxiety

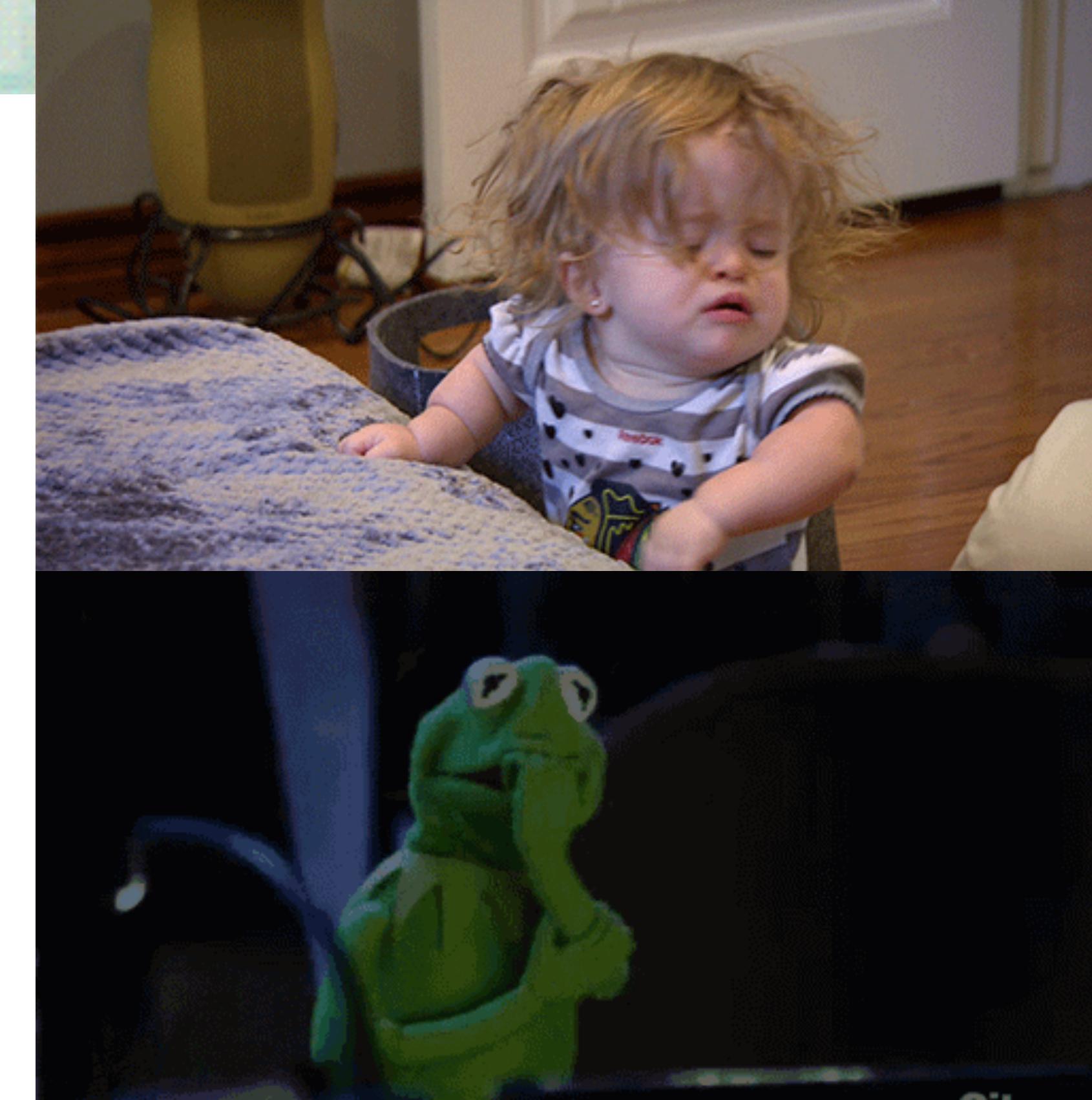




mental health condition
or stress or burnout...

lets not live like this

what can we do..?



Non-judgemental Observation (or, ACCEPTANCE of where you are at)



STOP JUDGING YOUR FEELINGS
just observe
(Mindfulness Tip)

aids in stress management

helps your memory

improves processing speed

improves creativity

improves problem solving

helps you think rationally

helps you perform at your potential

makes dealing with conflict easier

makes dealing with uncertainty less scary

helps avoid burnout

gives you more energy

keeps you slim

lowers food cravings

protects you from cancer and dementia

wards off colds and the flu

lowers your risk of

heart attack, stroke, and diabetes

helps you feel happier,

less depressed,

less anxious,

helps you live longer

SLEEP





STRETCH

@timfalls



@bbcamerica

(Brain)
BREAKS

are your friend



@Idor

the
bathroom
mirror
is
your
friend



@moodman

BREATHE

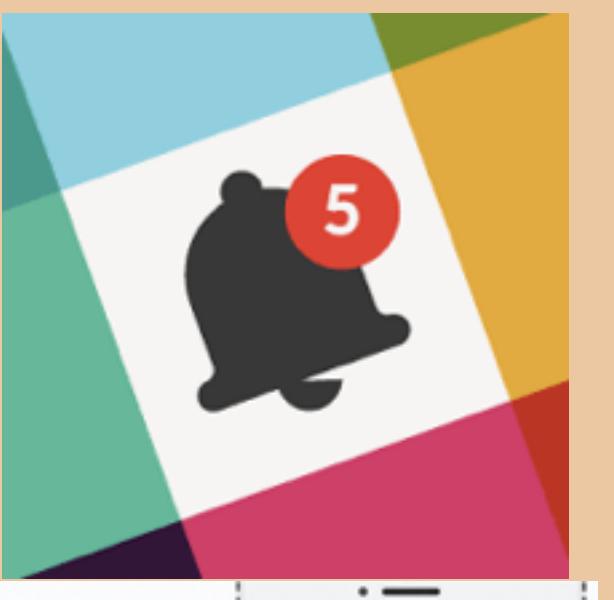
Breathe in



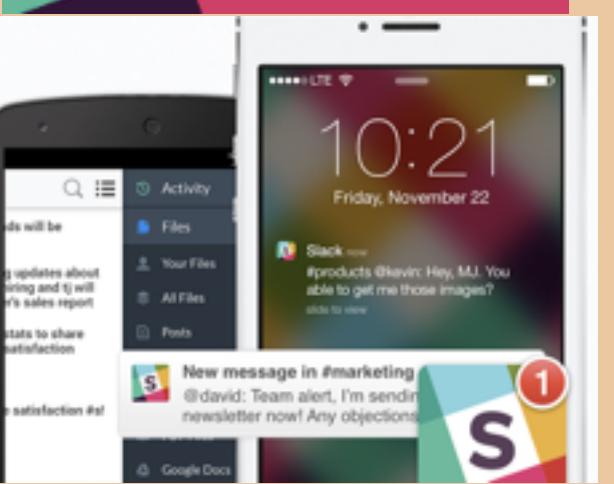
@bbcamerica

Notifications

are your friend



Q: Do you receive notifications on your computer?



Q: Do you receive notifications on your phone?



Q: Do you receive notifications on your smart watch?



@tiktok

SLEEP
STRETCH
BREAK
BREATHE



to managing stress and your mental health remember...

you must take breaks

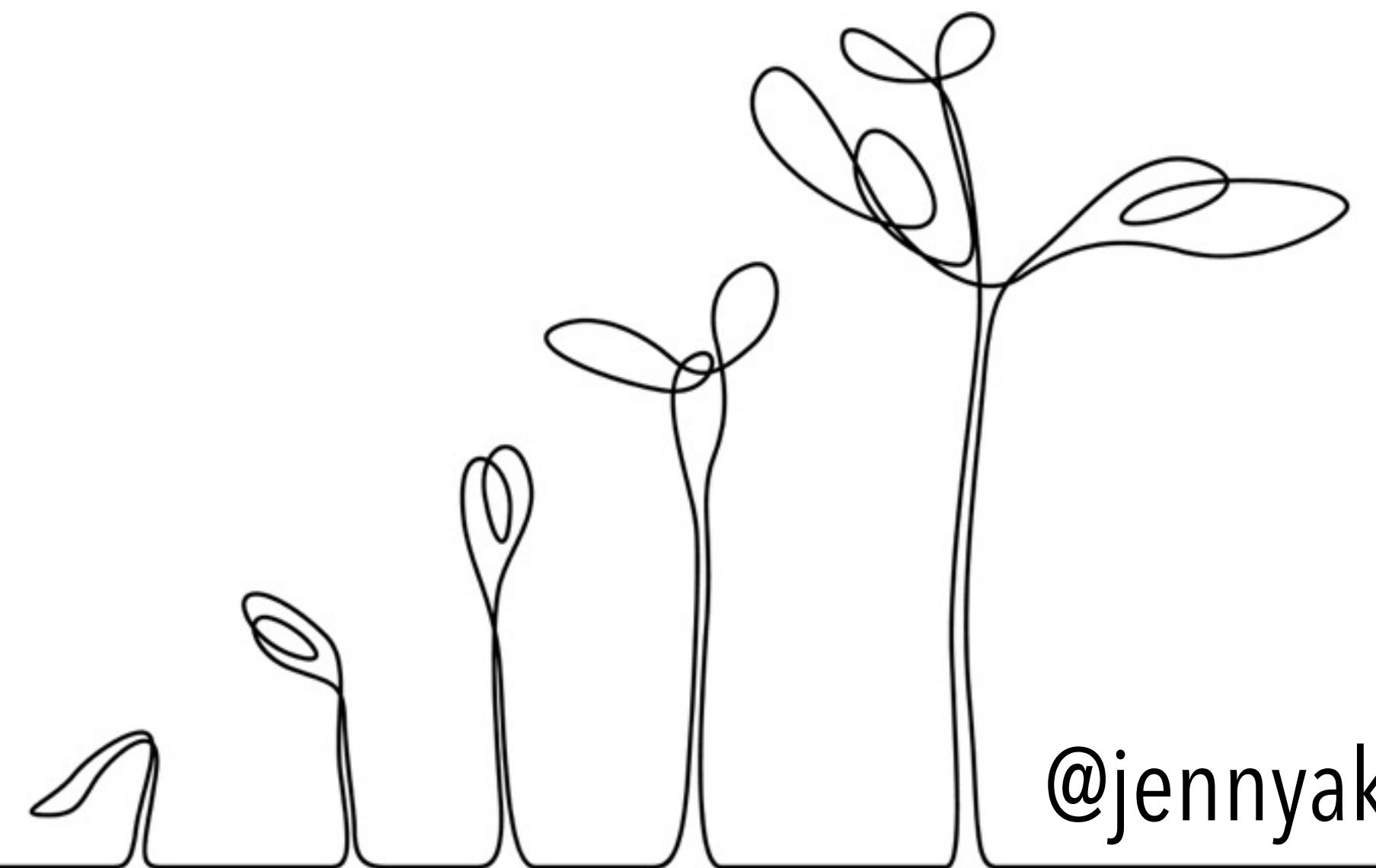
you must take breaks

you must take breaks

you must take time off

you are not alone

(you must take breaks!)



@jennyakullian



THANK YOU CNCF

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