

A Vulnerable Tale About Burnout



KubeCon



CloudNativeCon

————— North America 2021 —————



Julia Simon (she/her)

linkedin.com/in/jsimon14/

[@JuliaSimon14](https://twitter.com/JuliaSimon14)

jsimon@cloudops.com

About Me



Mother

Montrealer

Learning & community at CloudOps

CNCF meetup organizer

Animal lover and avid cyclist

*I am not a mental health professional



RESILIENCE

GOAL 1

**Share my
experience**

GOAL 2

**Normalize discussions
about mental health**

REALIZED

What is Burnout?

"Professional phenomenon" according to the World Health Organization

Chronic physical and/or emotional exhaustion

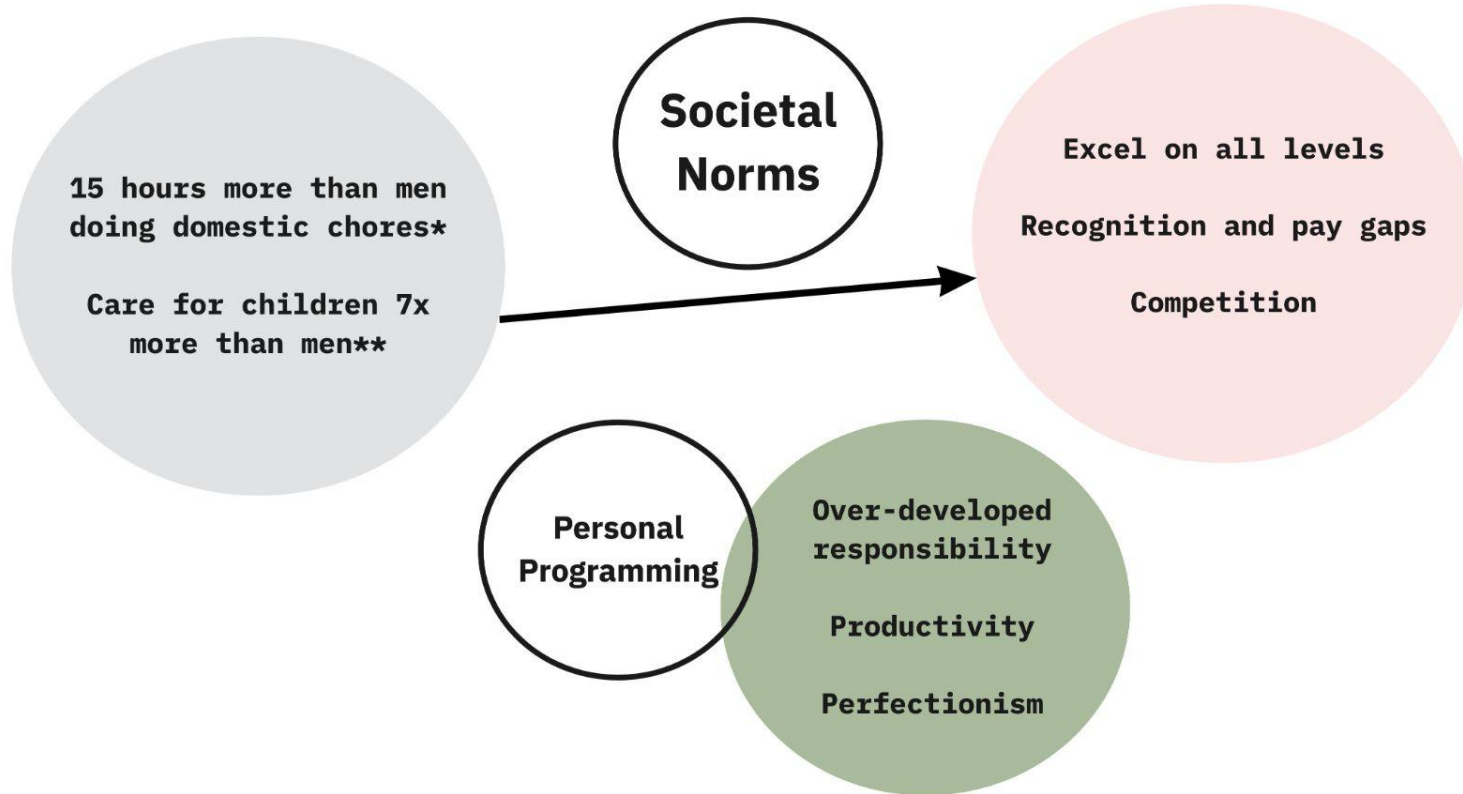
Depersonalization, cynicism, apathy

Personal/professional ineffectiveness

Loss of identity, can lead to depression, insomnia

Perception of our relationship to ongoing demands and expectations

Context for Women



*Boston Consulting Group, 2020

**The Guardian, 2020

Triggers

separation

(over)work

single parenting

grief

desire to please

proving myself

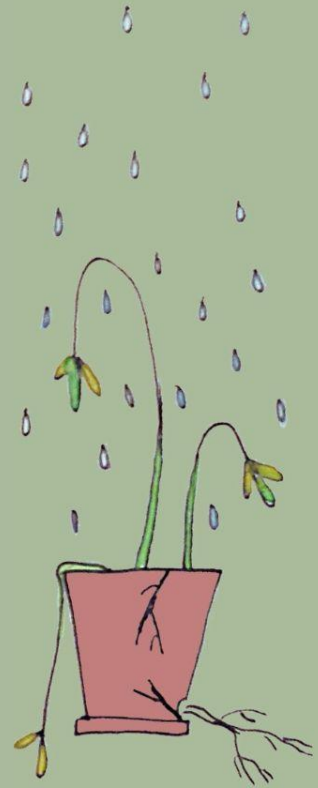
obligation

caring what others think



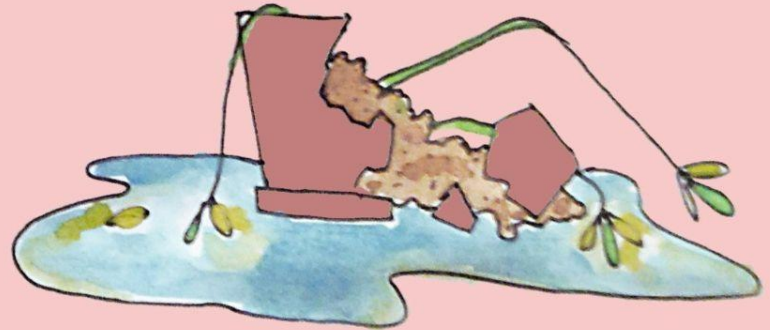
**I continue and keep going
because I am "strong"**

Am I the only one struggling?

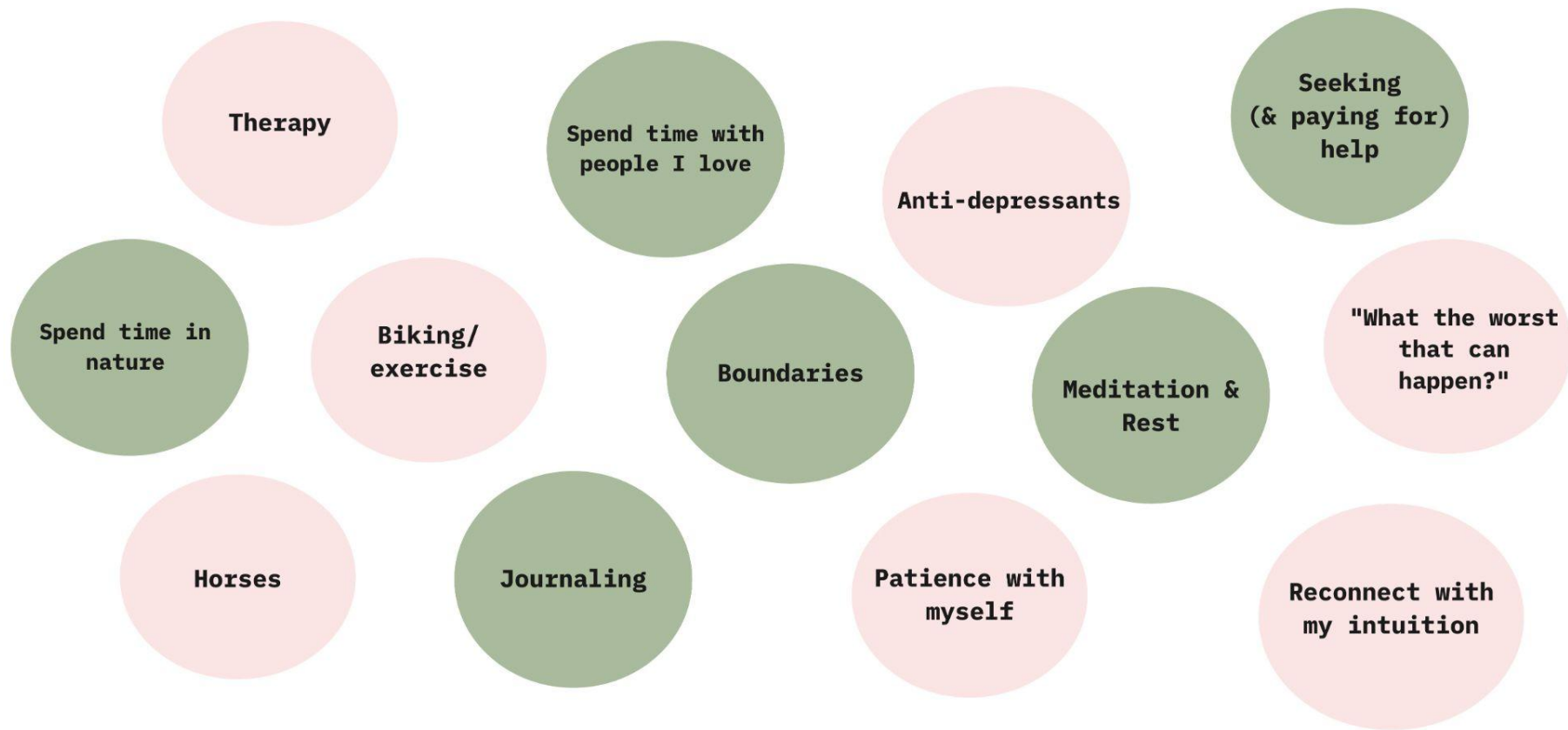


Finally, I break down

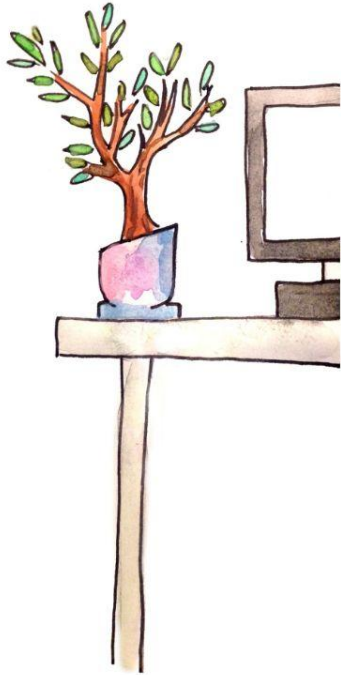
**Emotional and professional
crises at the same time**



Rebuilding the Foundation



Career Change



Professional coaching

Proposed a new role

4 days a week

Learn and evolve

Two years later...

Mindset shift



Social media & FOMO



Healthy routine & habits



Talk to someone
(friends, family,
therapist, manager)

Prioritize what makes
you happy

Ask how people are
doing

Listen attentively

Allow for flexibility

Thank you for your presence and attention

Questions and/or comments?

linkedin.com/in/jsimon14/
@JuliaSimon14
jsimon@cloudops.com



KubeCon



CloudNativeCon

North America 2021