Sitewards

Avoiding Burnout

The zombie survival guide

About Me



- David Manners,
- @mannersd
- Struggled with burnout,





Zombie David

Zombies are coming



- "Burnout is nature's way of telling you, you've been going through the motions your soul has departed; you're a zombie, a member of the walking dead, a sleepwalker."
 - Sam Keen,

Horde statistics



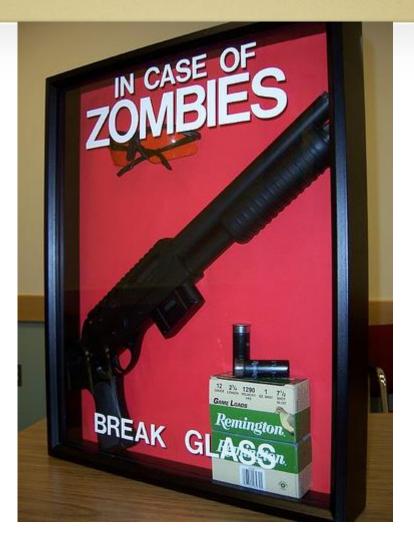
- 1 in 3 thought about quitting because of stress,
- 75% are not engaged with their work,
- Over 1 million absent per day,

Know your enemy



- Disengagement,
- Blunted emotions,
- Helplessness and hopelessness,
- Loss of motivation, ideals and hope,
- Detachment and depression,
- Emotional damage,
- May make life seems not worth living,





Preparation for battle

Get Active



- Releases the following hormones,
 - Serotonin,
 - Dopamine,
 - Cortisol,
 - Testosterone

Make The Cut



- Finish your working day,
- Make a significate difference between work and home,

Back to the future



- Non-technology day,
- Switch off your phone or computer,

Turn yourself on!



- Be creative,
- Find a hobby,
- Make sure it is different from work,

Turn yourself off!



- Detox your brain and body,
- Go away (holiday),
- Leave the tech at home,

A win is a win



- Show your mind that all the effort brings results,
- Small steps leading to small wins,

With great power comes great responsibility



- Do not waste your resources on the mundane,
- I plan all my meals at the start of the week,

Great expectations



- You cannot do everything,
- You will die trying,
- "No" is not a dirty word,
- What is expected of you?

Feed the beast



- Your body needs energy,
- Be nice to it and it will be nice to you (mostly),

Buddy up



- Sharing is caring,
- Talk about how you are doing/feeling,