Mental Health & Avoiding Burnout

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About Me

Hudson Jameson

Crypto since 2011.

Ethereum since 2015 (mostly Ethereum Foundation for core protocol coordination and stuff).

Flashbots stint in the operations team.

Co-founded Oaken Innovations & Ethereum Cat Herders.

Enjoys ice cream, whiskey, and niche digitization of VHS tapes

Before We Begin

Be aware: This presentation will be touching on some heavier topics around mental health, such as self-harm. I can completely relate with being in a place where I don't want to hear about these topics. **Please feel comfortable leaving this talk if you need to.**

I am not a doctor of any kind or formally trained in a mental health area. This presentation draws from my real life experiences around mental health and should not be taken as medical or legal advice.

Mental Health Tips

Tip #1: Adjust your perspective on mental health

- **Mental health should be treated as seriously as a physical health issue.**

- Example: If you broke your hand & couldn't type and your job relies on typing you would do what you need to do to heal your hand. Mental health issues should be treated with similar urgency.

- **Mental health can be a taboo subject, but it should not be & talking about it helps.**

Tip #3: Build and maintain a support system

"Sometimes I don't want to be a good boy…"

WEEKLY HUMORIST
ARTIST & WRITER: VAUGHAN TOMLINSON

Okay… you can have a little crypto friend support system as a treat…

Tip #3: Don't Be Afraid to Ask for Help

- **You are not weak.**

- **Even if those around you may not fully understand the situation, you need to be the #1 priority for you.**

- **This can be super hard!**

Burnout

Burnout is individualized

- Burnout is different for different people.
- Sometimes it is gradual and sometimes it is all at once.
- **Don't** compare yourself to others!
- **Do** self check ins (put it in your calendar) or checking in with your support system to get valuable outside perspectives.

Resources

The Internet is your friend!

Resources

1. Online therapy like BetterHelp is taking off.

2. Taking a neuropsychological exam is super interesting & helps illuminate blind spots you may have about yourself & diagnoses.

3. Join or start chat rooms that are crypto or not crypto to build support systems.

4. Touch grass.

Proactive Steps for the Ecosystem

If your company doesn't have proactive mental health measures, advocate for them. We need to make them common.

Examples:

1. Mandatory vacation days for those who overwork.
2. Stipends for therapy and psychological services, especially for countries where this is expensive.
3. An unbiased 3rd party to mediate & bring complaints to the leadership (I hesitate to use the term "HR").

Talk to your job about mental health!

Be Kind, Take Care of Yourself, &
Ethereum Will Continue to Have a Soul

Thank you!

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