

# 10 things I wish I knew before experiencing burnout

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# A perfect storm (of stress)



# The breaking point



# Crumbling under the pressure



# Losing motivation and passion



# Diagnosis: Severe anxiety



# Burnout: A real threat to open source & tech communities



# Burnout starts with passion



# Balance work with: Recognition, rewards, and relaxation



# #1 - Know the signs of burnout



# I'm working so hard!



# Ask yourself...

- Do you drag yourself to work?
- Do you have trouble getting started with work?
- Are you cynical or critical at work?
- Have you become irritable or impatient with co-workers or customers?
- Do you lack energy to be productive?
- Do you find it hard to concentrate?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your work?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits changed?
- Are you troubled by unexplained headaches, stomach or bowel problems, or other physical complaints?

# Consequences of burnout

- Chronic fatigue
- Insomnia
- Forgetfulness
- Increased illness
- Loss of appetite
- Anxiety
- Anger
- Loss of interest
- Separation from people

## #2 - Preventing burnout: Unplug



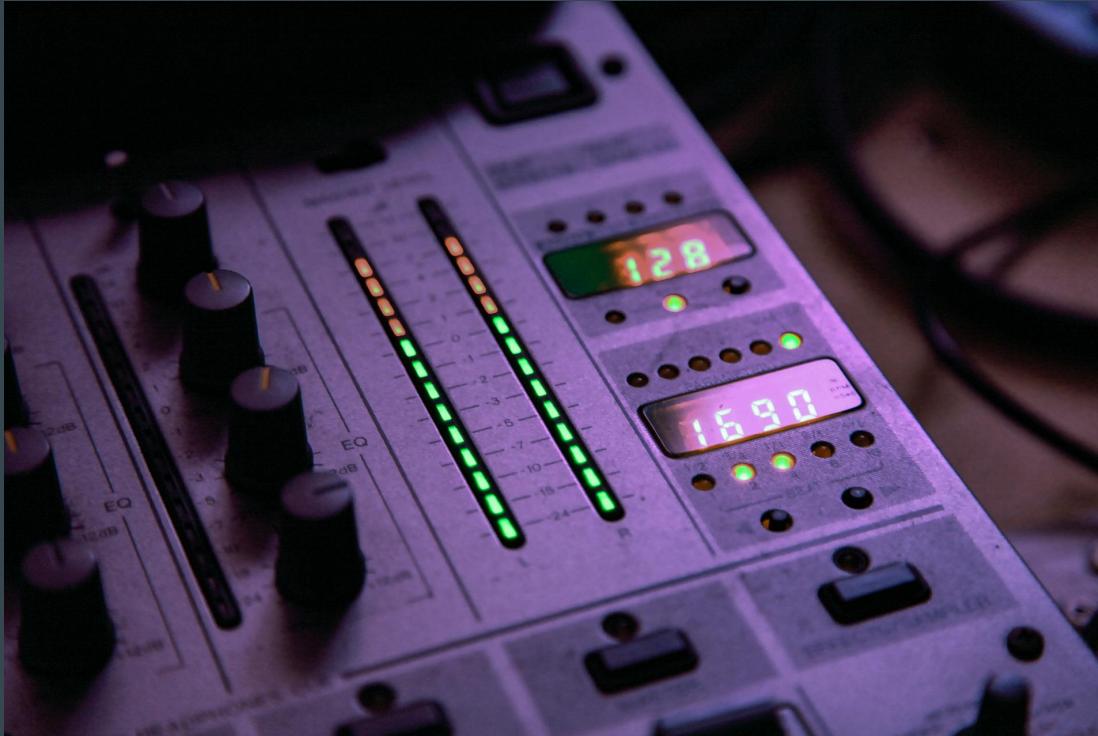
# #2 - Preventing burnout: Unplug and completely escape



# #3 - Preventing burnout: Avoid the “always on” feeling



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# #4 - Preventing burnout: Set limits and share them



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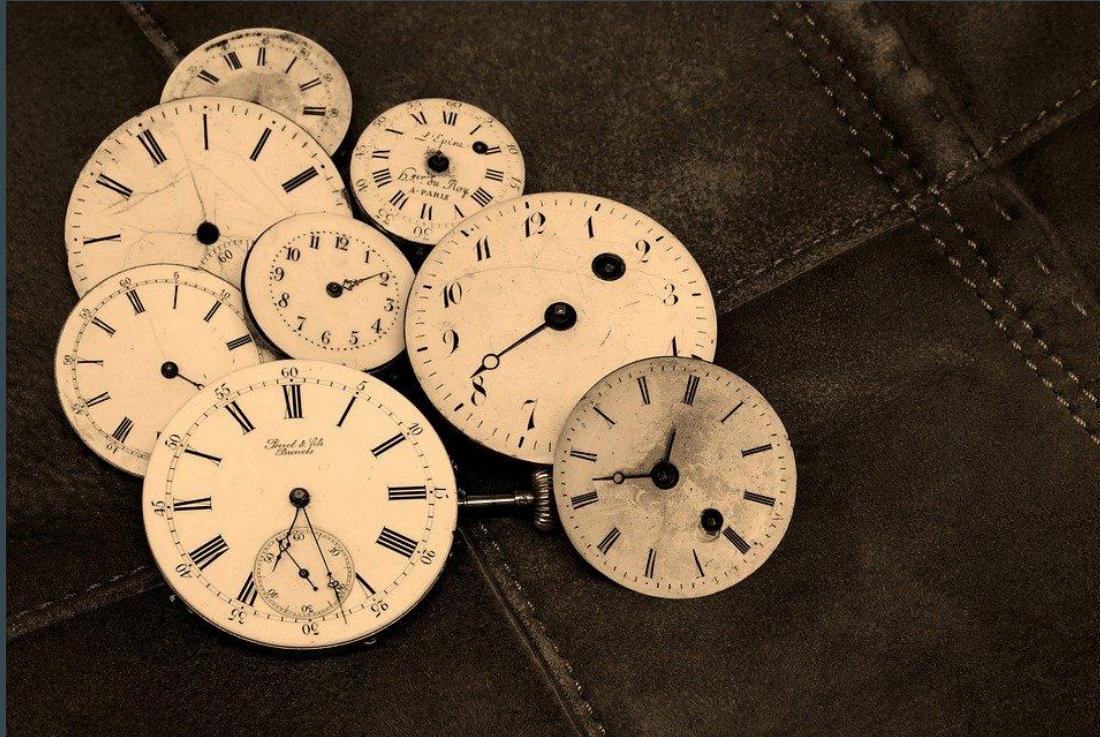
# #5 - Preventing burnout: Flexible work schedule



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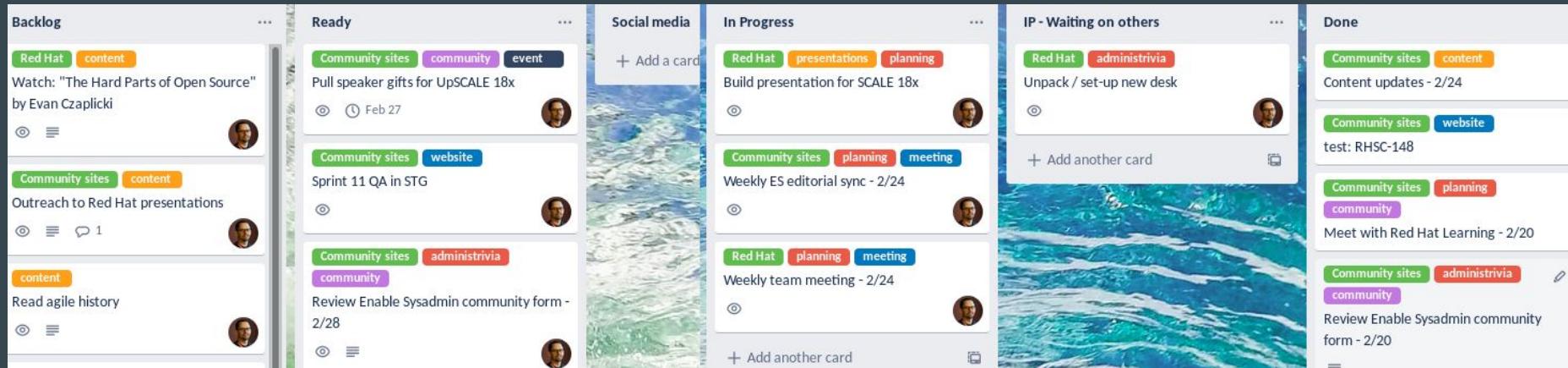
# #6 - Preventing burnout: Be aware of how you spend time



# #7 - Preventing burnout: Avoid unplanned work



# #7 - Preventing burnout: Turn unplanned work into planned work



# #8 - Managing stress: Have a stress outlet



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# #9 - Managing stress: Better time management



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# #9 - Managing stress: Delegate like a boss!



# #10 - Managing stress: Learn how to say no



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# Burnout: Don't suffer in silence



# 10 things I wish I knew before experiencing burnout

#1 - Know the signs of burnout

<https://burnoutindex.org>

#2 - Preventing burnout: Unplug

#3 - Preventing burnout: Avoid the “always on” feeling

#4 - Preventing burnout: Set limits and share them

#5 - Preventing burnout: Flexible work schedule

#6 - Preventing burnout: Be aware of how you spend time

#7 - Preventing burnout: Avoid unplanned work

#8 - Managing stress: Have a stress outlet

#9 - Managing stress: Better time management

#10 - Managing stress: Learn how to say no

# Additional reading and resources

- [3 things I wish I knew before experiencing burnout](#)
- [Practical guide for avoiding burnout and living a happier life](#)
- [What you need to know about burnout in open source communities](#)
- [5 rules for avoiding burnout](#)
- [7 tips for avoiding burnout](#)
- [On a DevOps team? Learn the art of saying no](#)
- [Job burnout: How to spot it and take action](#)
- [Employee Burnout Statistics You Need to Know](#)
- [Tech Industry Burnout: Which Companies Have It Worst?](#)
- [Say No, Like a Boss!](#)

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