

title: **2nd Burnout This Year**

num_comments: 17

num_up_votes: 53

upvote_ratio: 0.96

Post Text

I'm really behind on a couple tickets. I've hardly been working at all. Every day the embarrassment just builds. I'll push myself to work, I'll take notes to cover the gaps in my knowledge, but then oddly just get disgusted by the work itself. It's like I'm repulsed by the work, as if I was working in the sewer or something. ​ This is not how I want to behave. I don't think I properly recovered from burning out at my last job. I think I should just quit without another job lined up since it's unethical to work so inefficiently and still take a paycheck from them. I just feel gross about it. ​ Even quitting is unethical. I didn't deliver what I promised. If I work through the anxiety, it'll still have been delayed, and of shoddy quality. There's no way to resolve this properly. I just failed. What would you peeps do in this situation?

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 21

Hey! Your not your emotions and can do what it takes to get out of this. Below is a systematic plan I do as I confront this exact problem every few months. ADHD imo causes Boredom with easy and mundane tasks.

1. Check your diet - I've found carnivore the best to turn around brain fog or anxiety. But especially just high protein, high fat and low low to no sugar.
2. Write down what it is, what is blocking you and how it will affect you as you can continue along with a list of what needs to be done.
3. Stop acting like you or your work is special even if it is. Ego is a killer.
4. Audio - audio books such as "be so good they can't ignore you", the decision by Kevin hart or outliers can help let you get motivated on Monday task. More importantly music or something.
5. Routine - you need a routine that puts you into a work mood, not work that puts you into work mode.

Finally you are not defined by the past, but it does guidance for the future, so don't be discourage this happens, just think of it like programming, try one routine and iterate on it slowly with small changes. "Atomic Habits"

Your beautiful and most likely so smart that you get bored with the work you know easily so just show up each day and work on your routines more then anything else.

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 7

The diet is pretty important. For me if I'm not eating enough fiber and vitamins etc, it has a "trickle down effect" (heh) and causes a general feeling of malaise that multiplies my ADHD/OCD tendencies.

Problem is if I'm in a slump I have to fight hard to eat healthy.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

Thank you so much for the reply!

These two are quite helpful

>Check your diet - I've found carnivore the best to turn around brain fog or anxiety. But especially just high protein, high fat and low low to no sugar.

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>Routine - you need a routine that puts you into a work mood, not work that puts you into work mode.

I don't really have a work routine, so I'll focus on that. I'll try the pomodoro technique again, it's been a while since I used it.

I kind of do this already, so I'll keep at it!

>Write down what it is, what is blocking you and how it will affect you as you can continue along with a list of what needs to be done.

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

Oh also I do try to travel once a month, I find the newness there makes it easy to do the other things when you get back refreshed. Especially given the current environment maybe a change of scenery.

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

I agree with carnivore diet.

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Can you speak to what you eat on a regular day? Number of meals, type of meat to eat, etc? Ty.

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Usually I eat 1-2 meals a day. So most days I eat probably around 1-2lb of meat. The main meat I eat is chuck roast, since it's relatively cheap and I usually make pot roast or soup with it. Otherwise if i'm feeling it I eat ground beef, cheese, pork, chicken; aiming to eat fattier cuts of meat. Ways I cook meat are mainly smoking, frying in tallow and butter, and pressure cooking. I also use spices to cook with and very minimal vegetables like onion or ginger for flavor in broth. It's quite a liberating diet, if it works you, not having to really think about what to eat. And my mood is the best its ever been compared to any other way of eating.

Don't get too dogmatic about what to specifically eat, it's really just about eliminating processed foods and focusing on animal based products. You can check out /r/carnivore or /r/zerocarb if you're curious.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 10

Ok so now I just asked my coworker to help me break it up into smaller subtasks. I'm kinda worried how I'll react if this pisses him off. I don't think he'd show it but I wouldn't blame him if he's pissed at me. I just don't want to get frozen in discomfort and self-loathing if his criticisms hit home. If he does decide to give me a piece of his mind.

​

I'm basically shifting the work off to him which is horrible, but I'm literally not doing enough, and I can't handle it. I'd rather just deal with those consequences. He's more experienced and just switched to this team recently. Again this is terrible

​

Edit: He didn't show any negativity, but we're gonna pick this task up on Monday

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 11

RSD is the worst part of my ADHD. It's so debilitating and it leads to so many selfish and embarrassing situations like this. I don't know how you all deal with it during PRs

Commenter_7

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

My RSD is really bad too. Not sure if you're taking medication already but Lexapro really helped with that symptom for me (it was prescribed for general anxiety but overall I take things less personally on it) might be worth checking in with your doctor to see if something can help. Therapy has also helped. Sorry you're suffering, I also tend to get burnout very quickly, even if I only do 40 hours a week.

Commenter_8

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

I'm new around here, having discovered the sub all of 30 seconds ago. What is RSD?

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Rejection Sensitive Dysphoria

<https://www.youtube.com/watch?v=1Eze-7leQqI>

​

It's comorbid (commonly comes up with) ADHD

Commenter_9

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

One thing to remember, programmers love solving problems, there's a reason the culture of OSS and knowledge sharing is so prevalent in our field, because programmers want other programmers to do well (plus we like stroking out egos by being right/good).

I was coming into this thread to tell you to ask for help, and I can see you've done that. Sometimes when you're bogged with a shitty or just annoying to do job, the simple act of talking through it with another person who is knowledgeable (at least in the sense of language and/or business rules), can be helpful simply because you're doing what is actually the hard bit, articulating and comprehending the problem.

Every programmer has strengths and weaknesses, when I managed a team, I had a guy I knew I could throw all the complex "you're gonna have to read a lot of docs to make this work" kind of problems and he'd always bring them back solved. But inversely if you dumped him in an undocumented system someone else had built internally, he'd often want to just rebuild the thing as he found working through some of our legacy code difficult. When he explained the things he didn't like/struggled with, I was like

"that's cool, this guy here is brilliant at understanding and updating legacy code, but he hates dealing with some of the external APIs, so I'll just assign him that stuff and you can have some of his more annoying tickets".

If you're struggling with a problem, you should sit down and write out the specific things you're struggling with, and take them to someone above you, or if they're business rule/program flow questions, direct them to the customer/stakeholder. 9 time outs of 10, when I've found someone stuck on a problem, it wasn't because of a specific bug that was holding them up, it was usually either a lack of understanding of the process they were trying to implement, or the technology they were using to implement it -both of these are easily solvable with a bit of discussion and sometimes documentation, it's often the case that the customer just hasn't thought through every edge case or often even provided a useful amount of specification in terms of UI or data structures, so sometimes it's a case of working back to the customer or stakeholder and asking them to nail down more specific details.

In the case of a pure bug, if they were stuck on a single issue for more than day and it seemed like it should be an easier fix, we'd sit down and instead look at if the problem is a bug, or a case of trying to use something in a way it isn't intended to.

It's still something I struggle with, often the guilt/shame/fear of having to admit that you're probably way further behind on something than you should be can overwhelm your common sense and you end up leaving it even longer, which just makes it harder to ask for help. The only way to fight this is to get better at letting yourself admit when something is a stonewall, or when you're stuck, and just asking those questions or getting someone to look over your shoulder to sanity check your work.

A technique I use all the time is to take a request from a client, and then break it down into bulletpoints, just working through the two sides of the equation, what they want and how I get there. So you might have "add customer name field to lookup screen" and then have under it "add customer name to UI, add field to data layer, extend search function, write tests" etc etc sitting under it. As I go through this process on a word or google doc, I have a section above this list called "questions" (sometimes separated between questions for my team and questions for the client), where I'll put any dumb question that pops into my head, or anything I'm not sure about on. Sometimes during the process of breaking things down you work out the answers, and sometimes you realize the reason you're stuck is because the specifications you have are missing something really vital (in my example using customer name, imagine they hadn't told you that they meant their business name and not their personal one), which can lead to you getting confused as some of your assumptions are actually wrong.

tl;dr Ask for help, don't try to be great at everything, don't be afraid to ask questions, always look for the things you might be missing before assuming you're actually stuck.

I'll finish this with something I once said at the end of having to talk to a jr dev after he told me he was embarrassed about needing to ask for help on things - "The only thing that makes a question stupid is having it and not asking it"

Commenter_10

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

Tell him and your boss exactly this. You've got it off your chest and you've articulated the problem well, which is a great start. Now you can think about how you want to tell them.

You've already asked for help which is great and very difficult to do.

Commenter_11

ID: REDACTED! ~(o.o)~ <3, Upvotes: 8

Fudge. You just described how I was feeling these past few months. It hurts not to deliver what we've promised. I don't have an advice but I want to let you know that we're on the same boat and we can overcome this. :(

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

I totally get the sickness at coding, as I've experienced it.

My suggestions:

1) Stop shoulding all over yourself. You have a mental illness. It's not your fault. We are not encouraged to care for our mental health, only to grind until we run ourselves ragged. The system is sick.

2) Find a therapist. Maybe your EAP has them. Don't remain alone in this.

Courage! You're not alone.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

I'm sure your employer isn't a bastion of ethics so don't worry about getting a paycheck from them. Your struggles are labor too!