

MANAGING YOUR MENTAL STACK

WHOAMI



@mattstratton

**THERE IS TO KNOW ABOUT
WOOD. IT DOESN'T CHANGE.
BUT TECHNOLOGY IS
CONSTANTLY CHANGING, AND**

<https://www.flickr.com/photos/grae menewcomb/358329131/>

PODCASTS

A photograph of a man with a beard and sunglasses, wearing a plaid shirt, sitting at a bar. He is holding a dark-colored drink in his right hand. A woman with short hair is visible behind him, looking towards the camera. The background shows shelves filled with various bottles, suggesting a bar or liquor store setting.

Yeah, well, that's just, like,
your opinion, man.



Listening to podcasts is a terribly inefficient way of transferring actual information. It's a bit like asking Grandpa Simpson for directions. It takes 45 minutes, consists mostly of historical inaccuracies and long rants about the messed up state of the world today, and at the end you're not really sure you aren't more lost than when you started. But it sure is entertaining.

-- John Smyth, the "Ron Swanson of DevOps"

**PODCAST PRO TIP
LISTEN AT 2X SPEED**

**ABSORB IDEAS FIRST
UNDERSTAND THEM LATER**

**DECIDE WHAT IS
WORTH LEARNING**



AVOID THE ECHO CHAMBER



INVESTIGATE

A classroom scene from the TV show Community. In the foreground, a man with a beard and a blue plaid shirt sits in a grey chair, looking towards the right. Behind him, a woman in a purple shirt and another woman in a grey shirt are seated at wooden desks. In the background, a blonde woman in a black top looks towards the camera, and a man in a red hoodie sits in a grey chair, looking towards the left. The room has bookshelves and various posters on the walls.

LEARN

A black and white photograph of a man with dark hair and a mustache. He is wearing a dark, possibly black, suit jacket over a white shirt and a dark tie. He is seated at a desk, with his hands clasped together on the surface. His gaze is directed towards the left side of the frame. The background is dark and out of focus.

DO

MAKE GIFS AT GIFSOUP.COM

IN LOVING MEMORY
OF MARCIA WALLACE

TEACH

HOWTO

THE
PLAYBOOK



INGEST ARTICLES IN "SKIM MODE"

- ▶ Twitter
- ▶ Fliboard
- ▶ RSS feeds

SHIP THEM INTO TEMPORARY STORAGE

- ▶ Pocket
- ▶ Instapaper
- ▶ Plain old bookmarks

A close-up photograph of a person's arm and hand reaching towards a dark, textured stone wall. The hand is positioned as if about to touch or hold onto the wall.

**READ THEM
LATER**

A photograph showing a group of people from the waist up, all with their right hands raised towards the top of the frame. They appear to be in a classroom or lecture hall setting, wearing various clothing including a white shirt, a black jacket, and a grey sweater. The background is slightly blurred.

**WHAT ARE YOUR
TIPS?**

RESOURCES

▶ Flipboard - <http://flipboard.com/>

▶ Pocket <http://getpocket.com/>

▶ Pomodoro Technique

http://en.wikipedia.org/wiki/Pomodoro_Technique

▶ VoodooPad <https://plausible.coop/voodoopad/>

▶ Arrested DevOps: Managing Your Mental Stack

<http://www.arresteddevops.com/managing-your-mental-stack/>