The Reality of Developer Burnout

Kenneth Reitz

Hi.

@kennethreitz

Requests

http for humans

Requests

HTTP for Humans

```
>>> r = requests.get('https://api.github.com/user', auth=('user', 'pass'))
>>> r.status_code
200
>>> r.headers['content-type']
'application/json; charset=utf-8'
>>> r.encoding
'utf-8'
>>> r.text
u'{"type":"User"...'
>>> r.json
{u'private_gists': 419, u'total_private_repos': 77, ...}
```

github.com/kennethreitz

- ~20 serious projects.
- 100+ experiments.
- OSX-GCC-Installer: 56TB of downloads.
- Requests: 11+ million downloads / month.

salesforce heroku

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Burnout.

Internal & External

Depression

You suddenly realize that you've been eating ice cream for three meals every day for years on end. You're tired of it; you don't want to see ice cream any more. People who eat ice cream occasionally won't understand this; how could you possibly want less ice cream?!

— Gary Bernhardt

Entropy of Goals

Success in Open Source?

Flask

web development,
one drop at a time

Requests

http for humans

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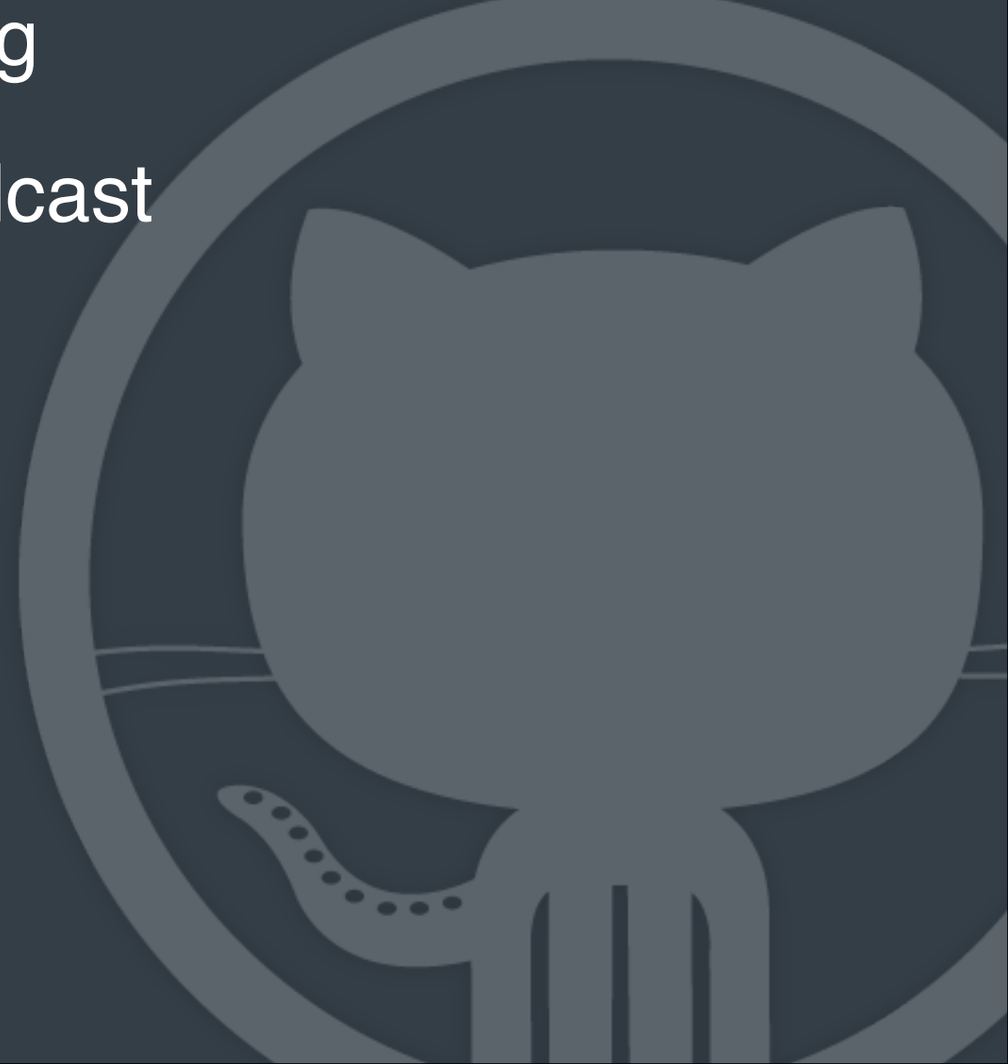
- Requests
- OSX-GCC-Installer
- Maya
- Records
- Tablib
- httpbin.org
- SayThanks.io
- Python-Guide.org
- 'Import This' Podcast
- Em Keyboard
- Certifi
- Autoev



Burnout is sneaky. It doesn't usually announce itself. It slowly grinds at you until these feelings become the new normal, and at that point it's not easy to dig yourself out of the hole.

— Zach Holman

410 GONE

&

_why

Mark Pilgrim

Quit my job?

Soul Searching

Key Takeaways

Be Gentle with Yourself.

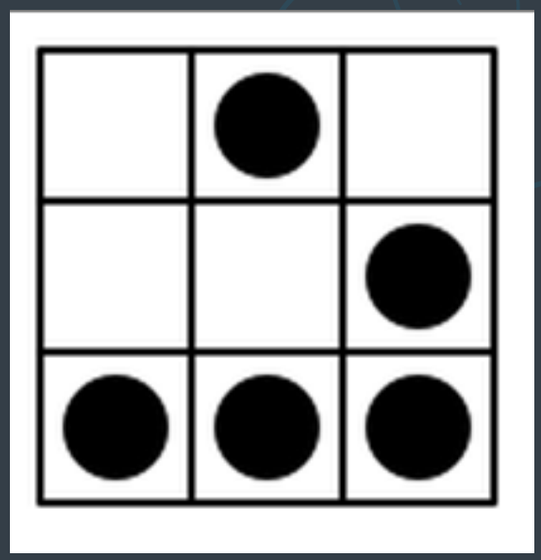
Publish-only Mode.

- Unfollowed everyone.
- Kept my ability to influence my community.
- Stopped over-engaging with the community.

Delegation.

Meet My Minions

@lukasaoz



@sigmavirus24

These guys are amazing.

Teamwork!

Have other hobbies!

Other Interests...

- Street Photography
- Synthesizers and Music Production
- Drawing / Arts & Crafts
- Classic Video Games!

Pay close attention to who you're following.

Be selective.

Take a break if you need one.

Thank you!

kennethreitz.org/values