

About That Time My Brain Just Switched Off



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Burn-out

Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed

It is characterized by three dimensions

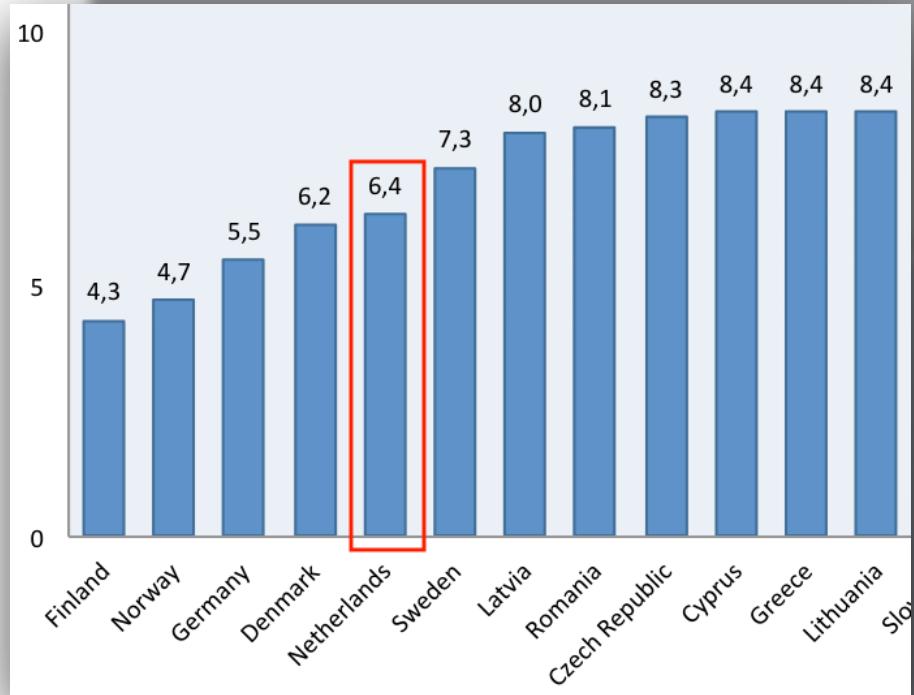
- feelings of energy depletion or exhaustion;
- increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy.

—World Health Organization (WHO), *Burn-out an "occupational phenomenon"*

Burnout in Europe

Relations with National Economy, Governance and Culture

- Researched in 2015, published in 2018
- ±43.500 European respondents
- NL places 5th



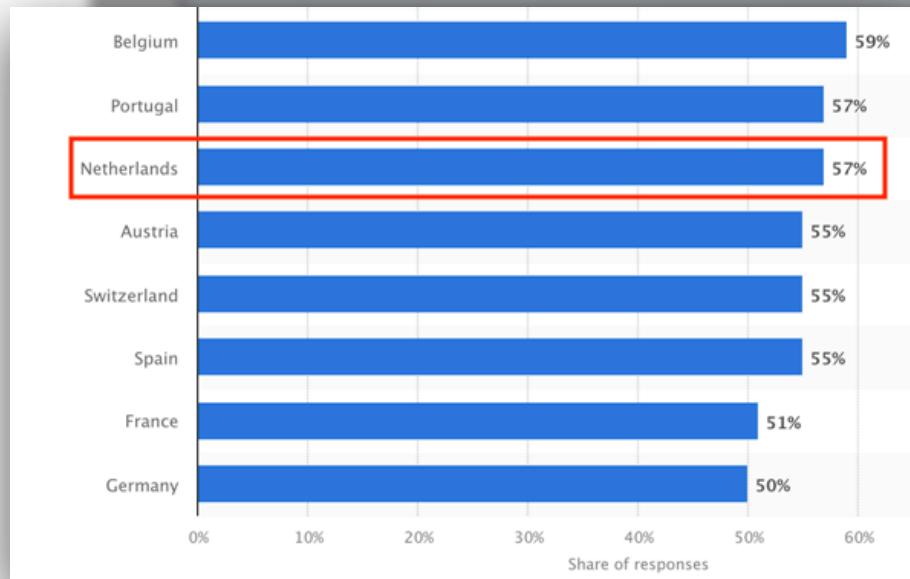
Source: Schaufeli, W.B. (2018). *Burnout in Europe: Relations with national economy, governance, and culture*.

Research Unit: Occupational & Organizational Psychology and Professional Learning (internal report). KU Leuven, Belgium.

Share of People Who Experienced or Felt on the Verge of Burn-out

Europe in 2021, by country

- Researched in 2018, published in 2021
- ±30.000 European respondents
- NL places 6th



Personal Experience

(actual photo)



Lead Up

January 2022

- Influenza 
- COVID-19 
- Influenza 
- Client: "Do you still like it here?" 
- Lack of proper sleep
- Quit working out
- Taking on more distinct tasks at work
- Tired all the time 

June 2022

- Couldn't focus 
- COVID-19 
- Client: "Output is good, but not enough" 
- Health & Safety Office, voluntarily

August 2022

- Client: "We're not extending your contract" 

October 2022

- Scrum Master: "Should you even *want* to stay?"

I Was Not Alright





My Brain Just Stopped Working Properly



What Happened?

- No concentration
- Easily overwhelmed
- Introverted
- Forgetful
- Lonely
- Unfriendly
- Unreliable
- Highly emotional
- Couldn't take care of my son
- Zoned out

"If you weren't an introvert before,
burn-out will sure as **** make you one."

— My Friend Frank, a fellow burn-out victim

A photograph of a middle-aged man with a shaved head and a beard, wearing pink-rimmed glasses and a dark jacket over a white t-shirt. He is sitting at a desk, resting his head on his right hand with his fingers tucked under his chin. He has a weary expression. In the background, there's a window with a potted plant on the sill.

Recovery Process

- Physical Therapy
- Sleep
- Build up working hours
- Son sleeps through the night
- Psychological Help
- Being open about my condition
- Reduce caffeine intake
- More sleep
- Light exercise
- Build up social interactions
- Get tested for ADD (diagnosed)
- Sleep some more



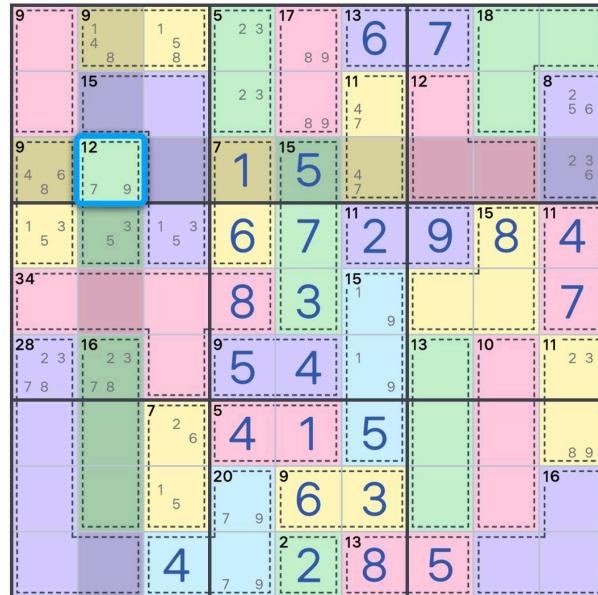
Killer Sudoku
by Sudoku.com



Difficulty
Expert

Score
3325

Tim
04:3



Unde



Erase

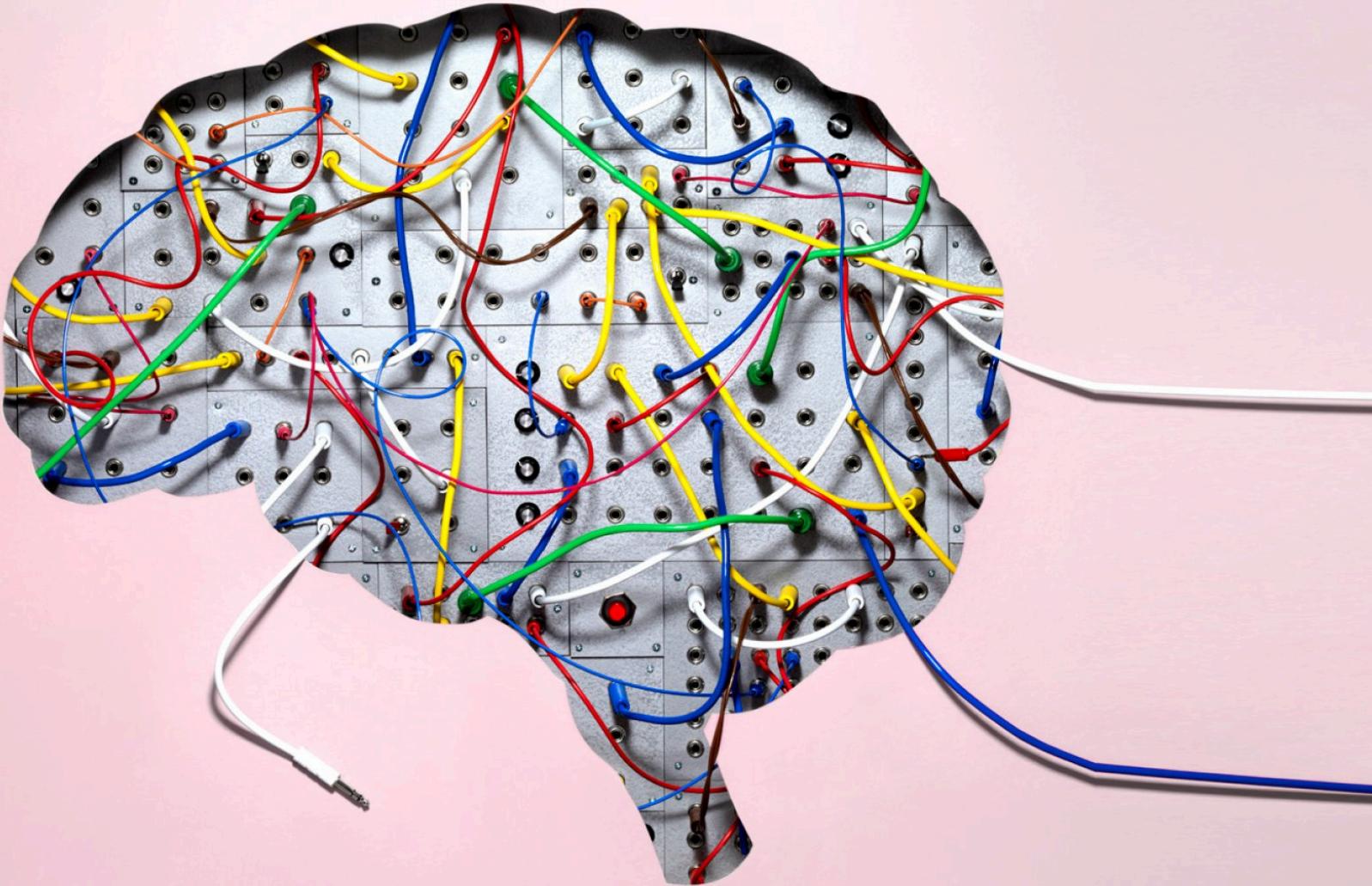


Notes



Hint

1 2 3 4 5 6 7 8 9



Permanent Damage

(or maybe just long term)

- Overwhelmed
- No more guitar solos
- Forgetful+
- Emotional
- Lonely
- Introverted even more
- Holding babies

Positive "Damage"

Hopefully here to stay

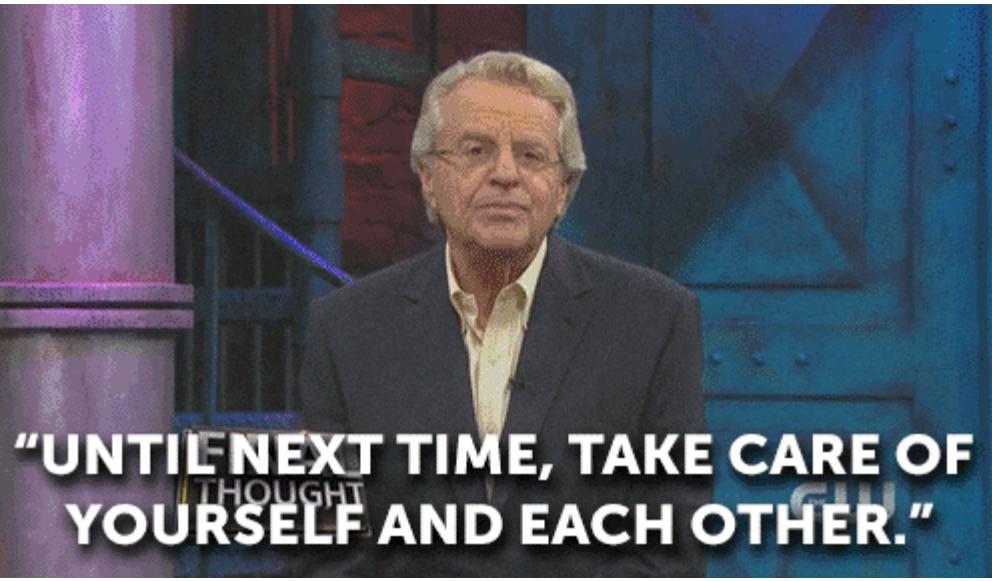
- Mentally stronger
- Learned to say "No!"
- More open about myself
- No more presenter's anxiety!



Look for the Signs

Most people *don't see the signs* them selves.

- More tasks being put onto you
- Structural overtime
- Not saying "no"
- Losing velocity
- Not finishing your work
- Always tired
- Signals from team/family/friends
- Not being able to sleep properly
- "I'm living on caffeine"
- Can't focus



**"UNTIL NEXT TIME, TAKE CARE OF
YOURSELF AND EACH OTHER."**

THOUGHT

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