

Breakout Session

How to Find Balance & Avoid Burnout / Collaborating with Communities

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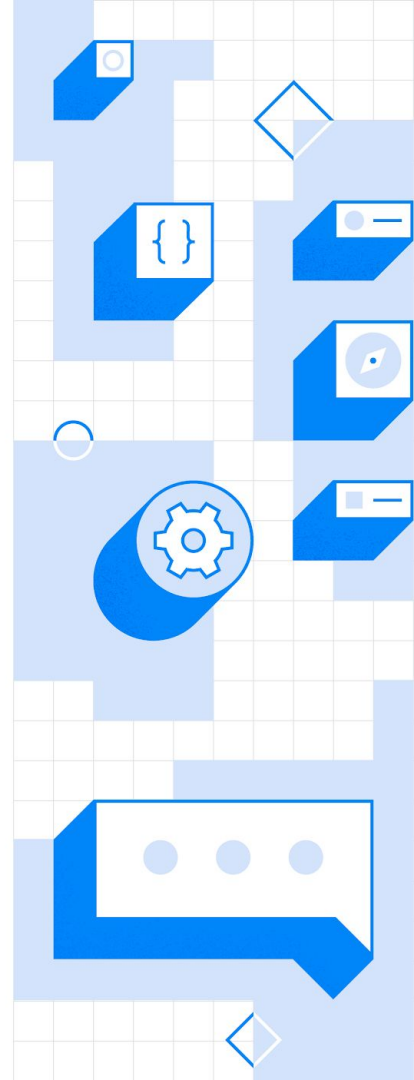
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Understanding reduces stress

01. Accept that it is natural body function to feel stress
02. Assess your likes and dislikes about being an organizer
03. Find where being an organizer fits in your life today
04. Reassess periodically as your life changes
05. Your community will help, you have to ask

<https://www.youtube.com/watch?v=DRH-YdICG0M>



It's all about the math

```
my.prototype.calculateState = () => {  
  const x = my.enjoyment + my.gratitude + my.benefits;  
  const y = my.responsibilities + my.workload +  
my.stress;  
  if ( x > y ) {  
    my.state = 'happy';  
  } else {  
    my.state = 'stressed';  
  }  
}
```

There are pros and cons to everything we do

Example: My Job

Pros	Cons
I like the people I work with	It can be stressful
I have a lot of freedom	I work a lot of hours
I like the nature of the work	I'm underpaid

Burnout occurs when

You *feel* like the amount of cons for something exceeds the amount of pros but you still do it anyway

Why are we talking about this?

It happens to everyone, it can be cyclical, it can be affected by other things in your life, it can be overcome and doing so will make you happier overall.

I'm feeling burnt out, now what?

Remember the why

Make a change

Talk to others

It's all about the math

let $x = \text{Enjoyment} + \text{Gratitude} + \text{Benefits};$

let $y = \text{Responsibilities} + \text{Workload} + \text{Stress};$

If ($x > y$) {

happy();

} else {

burntOut();

}