

# Monitoring the Health of Your Website

*self*



EmberDog Pups McGee  
@ember\_dog  
Vanquisher of Pigeons,  
Protector of Mama



Mary Thengvall  
@mary\_grace  
DevRel Manager, SparkPost  
Co-host, Community Pulse podcast



Who Am I?



# SPARKPOST

developers.sparkpost.com



Email is  
Magic



@mary\_grace

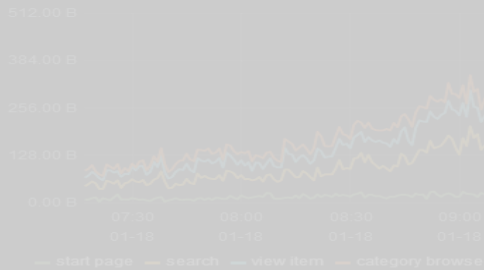
# community pulse

The logo consists of a white microphone icon on the left, followed by a white line that mimics a heart rate monitor pulse. This line starts at a baseline, rises to a small peak, falls to a small dip, rises to a larger peak, falls to a small dip, rises to another small peak, and then returns to the baseline. The word 'community' is positioned above the pulse line, and the word 'pulse' is positioned below it, with the pulse line acting as a visual separator and connector between the two words.

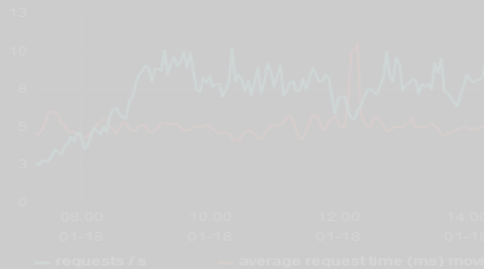
Jason Hand, Mary Thengvall, & PJ Hagerty

@community\_pulse

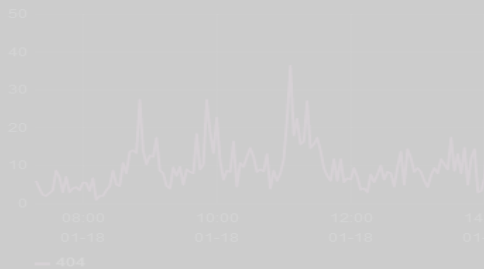
communitypulse.io



Traffic &amp; Response time

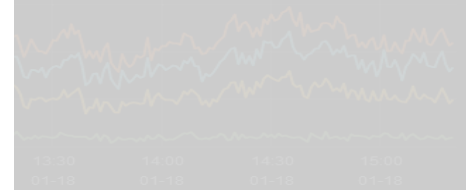


Not found (404) / Min

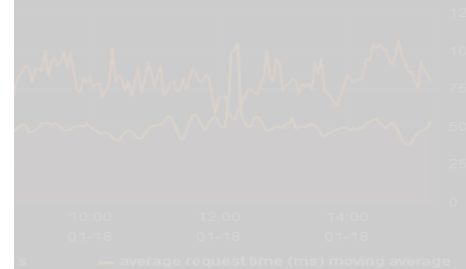


[evangelistcollective.github.io](http://evangelistcollective.github.io)

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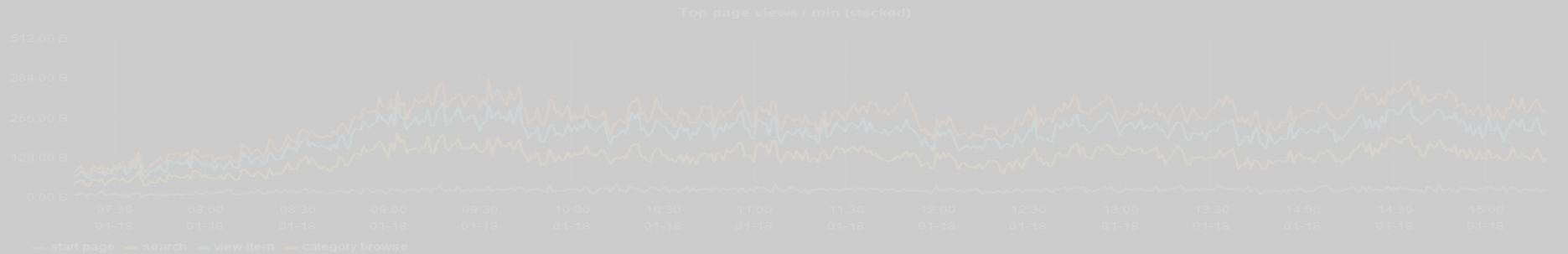


Traffic &amp; Response time



Pushstate (pjax) page views / min





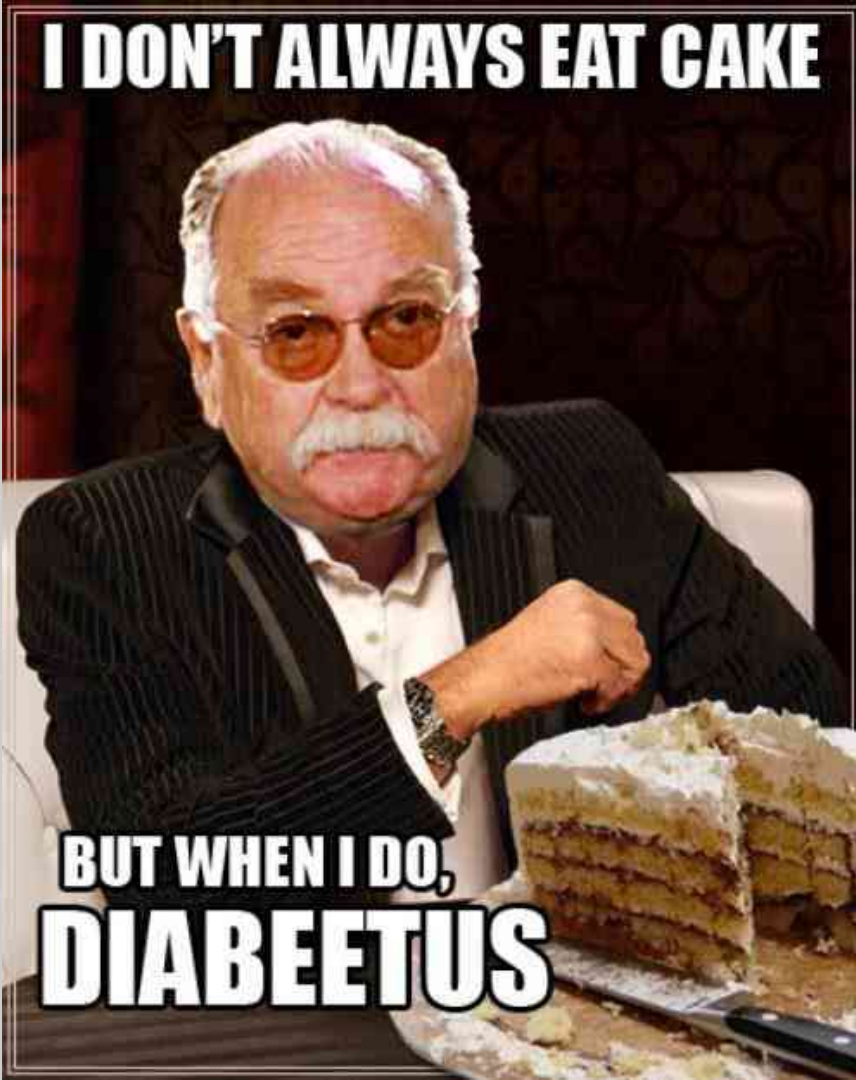
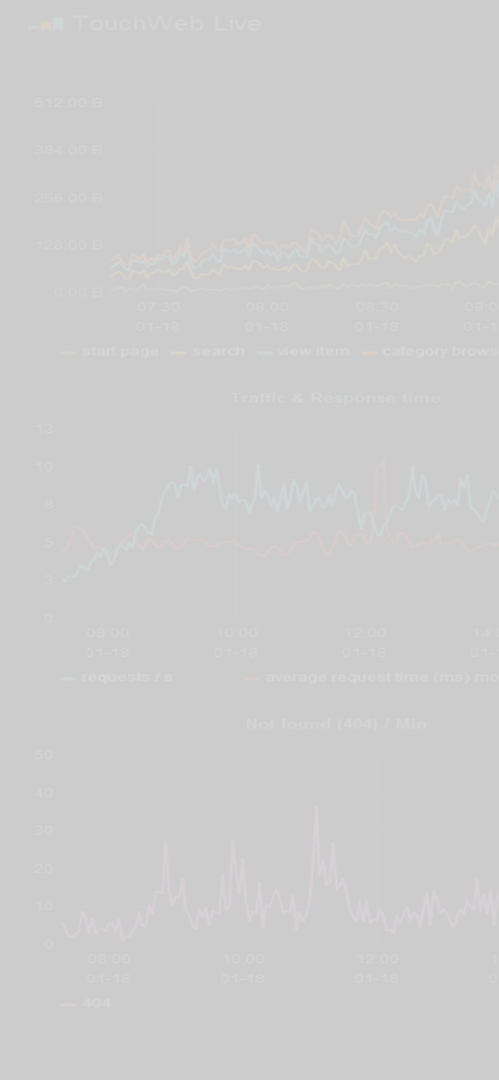


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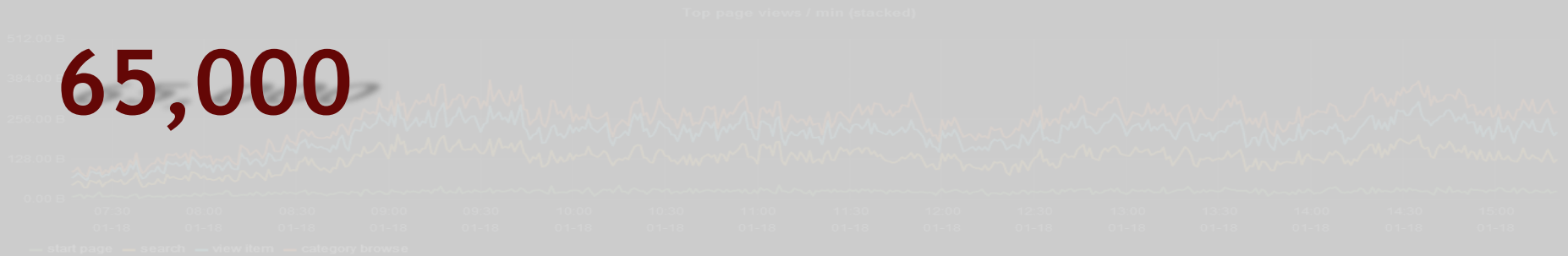


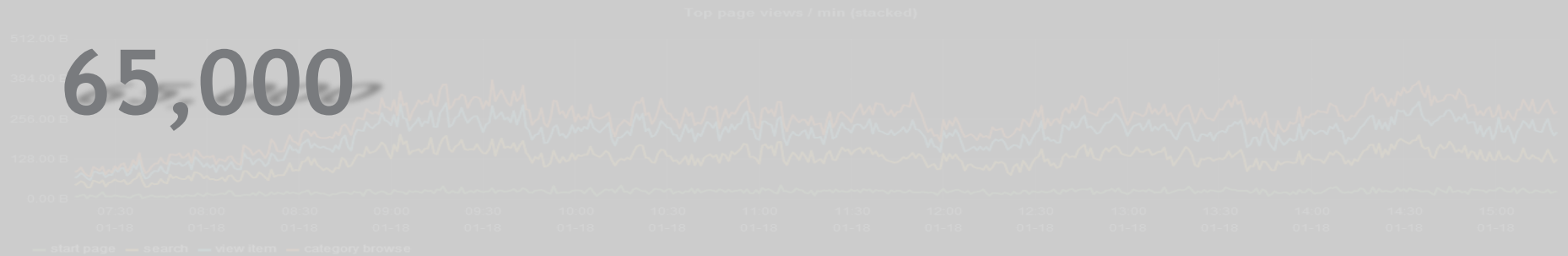


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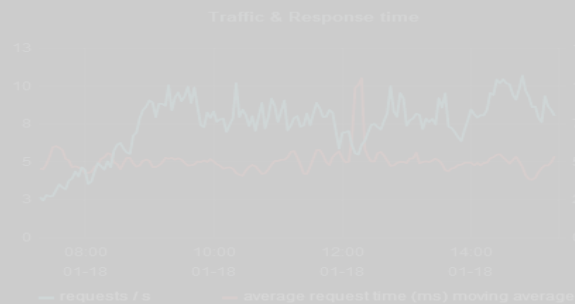




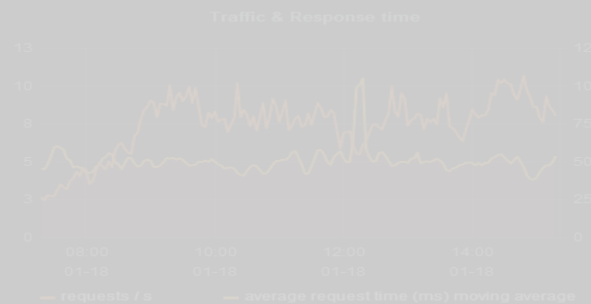




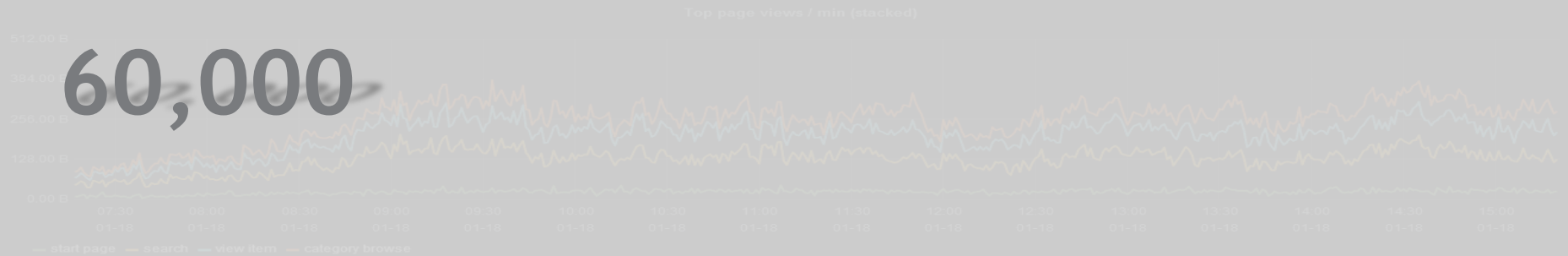
65,000



8,000



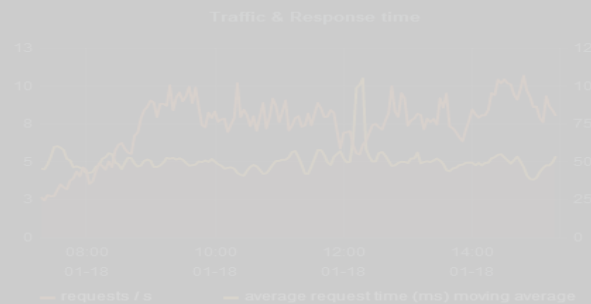
2,300



60,000



8,000



2,300

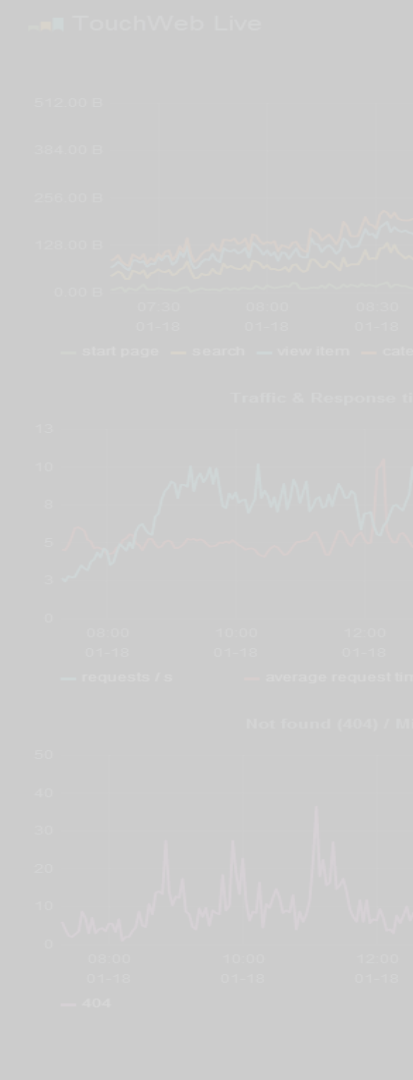
# #T1DLooksLikeMe



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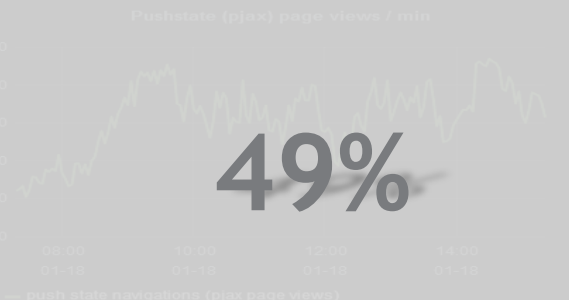
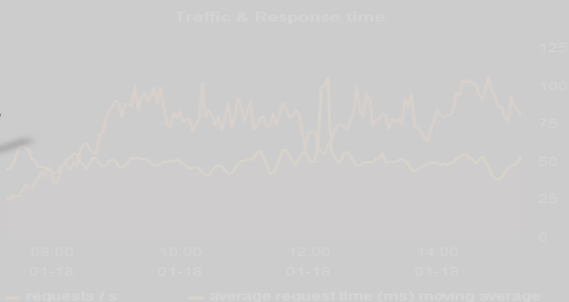
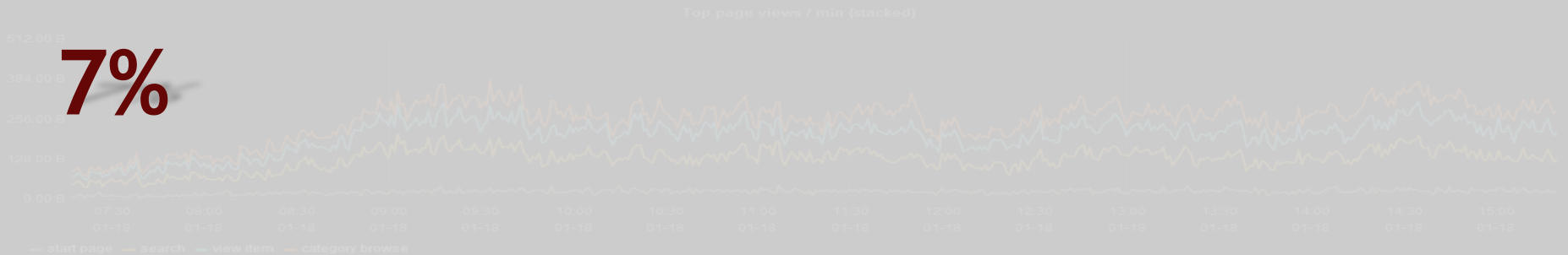
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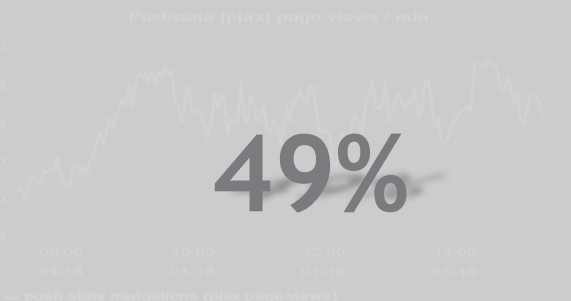
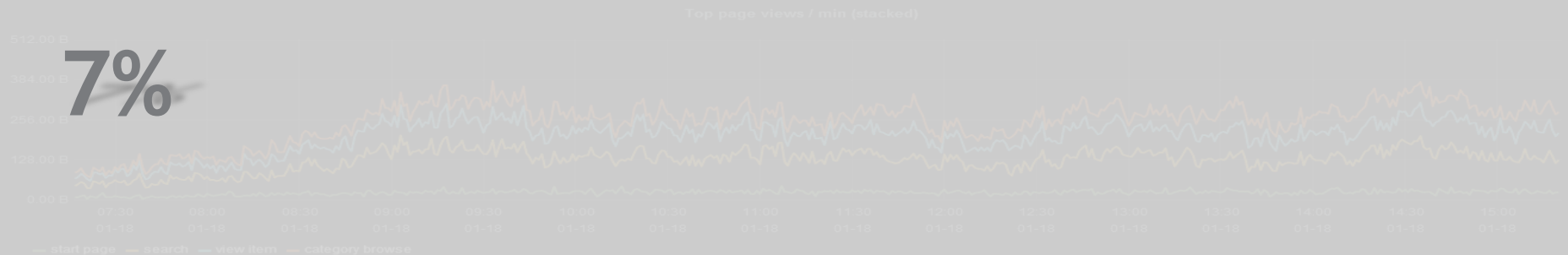


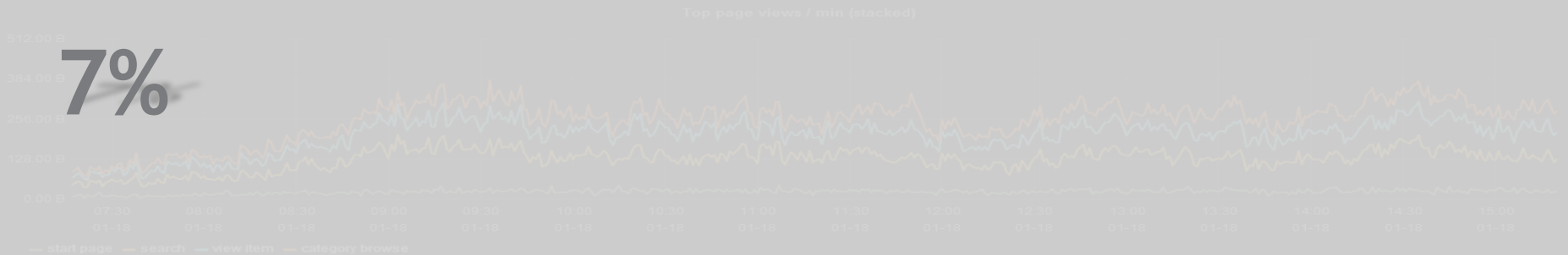
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What About You?  
(Hint: You Need It Too)







burnout in tech culture



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## Putting a Spotlight on Diversity in Tech Burnout - Model View Culture

<https://modelviewculture.com/pieces/putting-a-spotlight-on-diversity-in-tech-burnout>

Jun 22, 2016 - The past several years have marked a new era of tech activism, with notable gains: the release of diversity data from major tech companies, ...

## Burnout: The Disease of Our Civilization | Huffington Post

[www.huffingtonpost.com/.../burnout-third-metric\\_b\\_3792354.html](http://www.huffingtonpost.com/.../burnout-third-metric_b_3792354.html)

Aug 21, 2013 - Burnout: The Disease of Our Civilization ... to measuring success that leads to burnout and a culture enraptured with technology to the point that ...

## Read This Guy's Burnout Story and Why He's Leaving Tech - Tech.Co

[tech.co/burnout-story-leave-tech-industry-2015-06](http://tech.co/burnout-story-leave-tech-industry-2015-06)

Jun 10, 2015 - Blogger Eevee writes his/her experience with the tech industry and their ... Read This Guy's Burnout Story and Why He's Leaving the Tech Industry ... Tags: Analysis, Eevee, Hacker News, Opinion/Analysis, tech culture, tech ...

## Burnout and Recovery at a Tech Internship – Code Like A Girl – Medium

<https://medium.com/code-.../burnout-and-recovery-at-a-tech-internship-88d59aded71...>

Burnout and Recovery at a Tech Internship. Image from ... Before starting my internship, I had heard many rumours about work culture at this company. I got the ...

## About that Amazon story, or, on burnout in tech - Julian Dunn's Blog

[www.juliandunn.net/2015/09/02/about-that-amazon-story-or-on-burnout-in-tech/](http://www.juliandunn.net/2015/09/02/about-that-amazon-story-or-on-burnout-in-tech/)

Sep 2, 2015 - Tech burnout, too, is a symptom of the way we in America glorify individual ... I'd argue that Japanese business culture is worse (or better ...

## When Employee Engagement Turns Into Employee Burnout - The ...

[www.nytimes.com/.../when-employee-engagement-turns-into-e...](http://www.nytimes.com/.../when-employee-engagement-turns-into-e...)

Mar 13, 2015 - That's a recipe for burnout, not enduring high performance. .... classes, but a culture that truly meets people's multidimensional needs. ... Tech Fix: iPhone 7 Review: Though Not Perfect, New iPhones Keep Apple's Promises ...

burnout in tech culture



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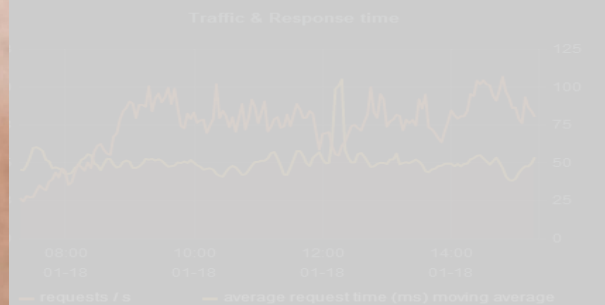
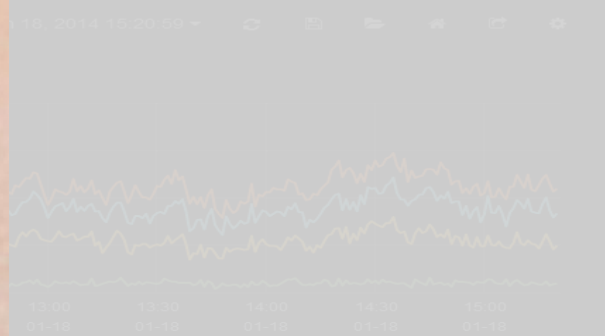
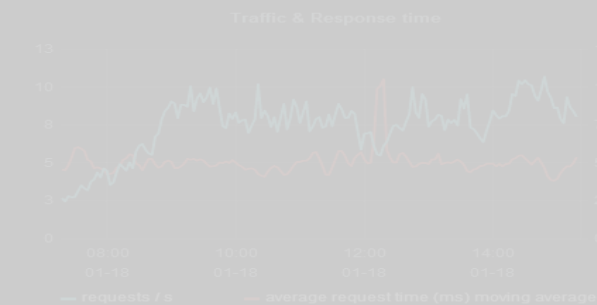
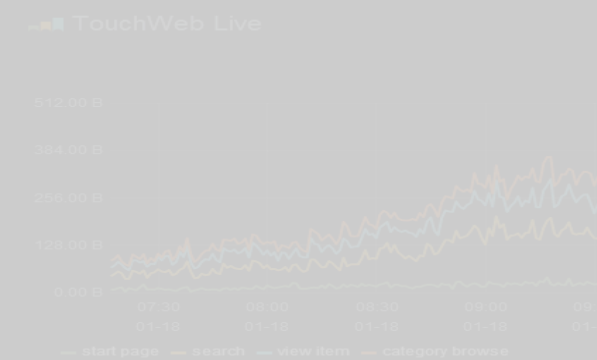
Jun 22, 2016 - The past several years have marked a new era of tech activism, with notable gains: the release of diversity data from major tech companies, ...

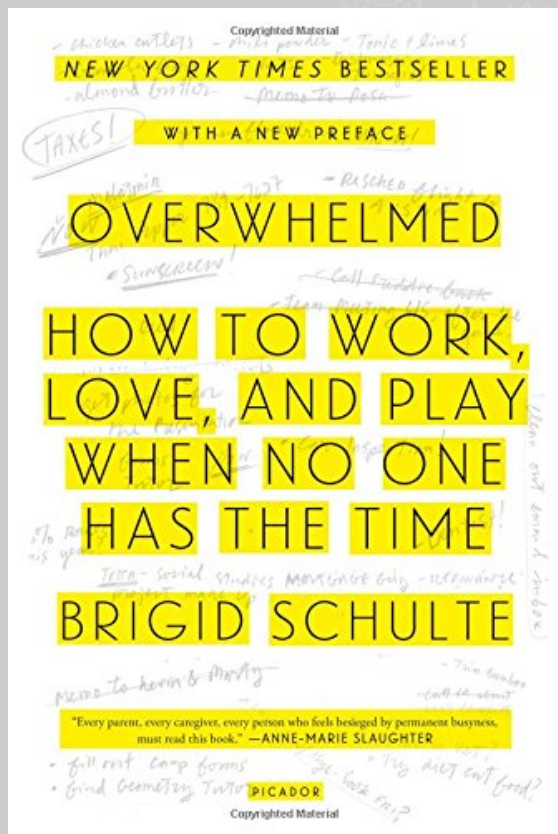
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[www.huffingtonpost.com/.../burnout-third-metric\\_b\\_3792354.ht...](http://www.huffingtonpost.com/.../burnout-third-metric_b_3792354.html) ▼ The Huffington Post ▼

Aug 21, 2013 - **Burnout**: The Disease of Our Civilization ... to measuring success that leads to **burnout** and a **culture** enraptured with **technology** to the point that ...

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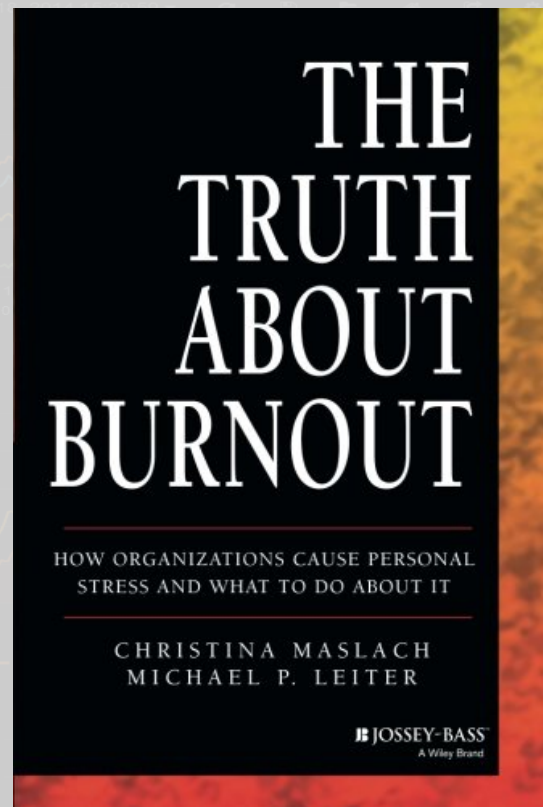
# The Truth About Burnout

-Christina Maslach

# Overwhelmed:

# How to Work, Love, and Play When No One Has the Time

-Brigid Schulte









14.00

01.10



120

100

80

60

40

20

0

moving average

7 min



14.00

01.10

512.00 B

384.00 B

256.00 B

128.00 B

0.00 B

0.7.30

0.1.10

— start page — search

12

10

8

6

4

2

0

0.0.00

0.1.10

— requests / s

50

40

30

20

10

0

0.0.00

0.1.10

— 404



BH

W T O



128

10

8

6

4

2

0

0.0.00

0.1.10

— (ms) moving average

128

10

8

6

4

2

0

0.0.00

0.1.10

512.00 B

384.00 B

256.00 B

128.00 B

0.00 B

0.7.30

0.1.10

— start page — search

12

10

8

6

4

2

0

0.0.00

0.1.10

0.1.10

— requests / s

50

40

30

20

10

0

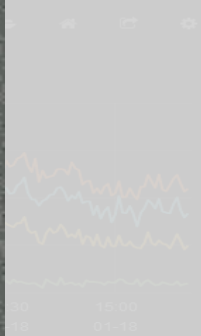
0.0.00

0.1.10

— 404



BH



(ms) moving average



14.00 0.1.10

512.00 B  
384.00 B  
256.00 B**Jason Yee** @gitbisect · Jul 19

#Community: It's not who welcomes you when you show up. It's who goes looking for you when you don't. #CLS

RETWEETS

40

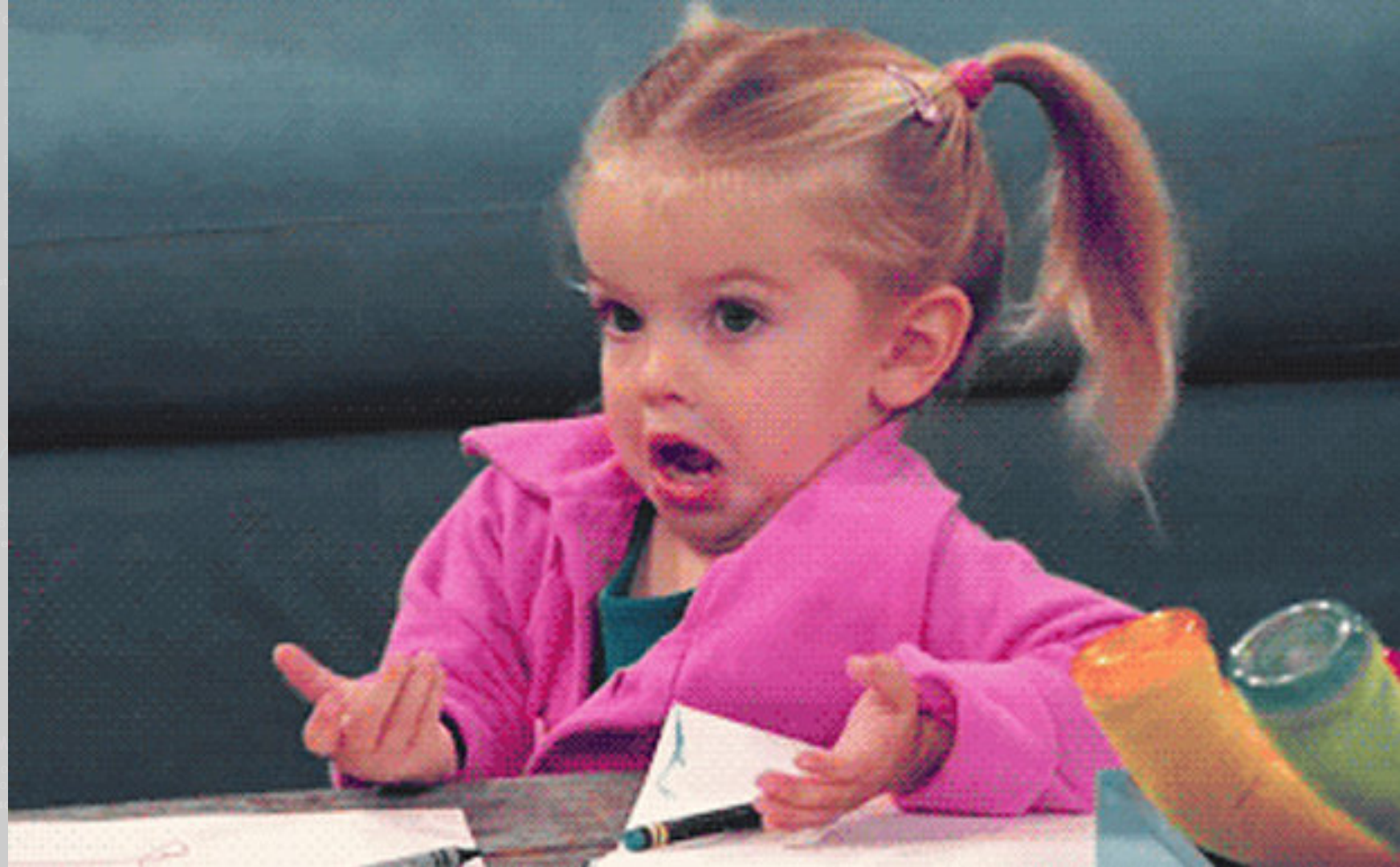
FAVORITES

45



3:44 PM - 19 Jul 2015 · Details







What Now?









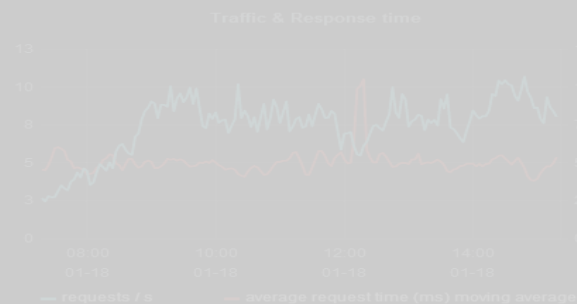
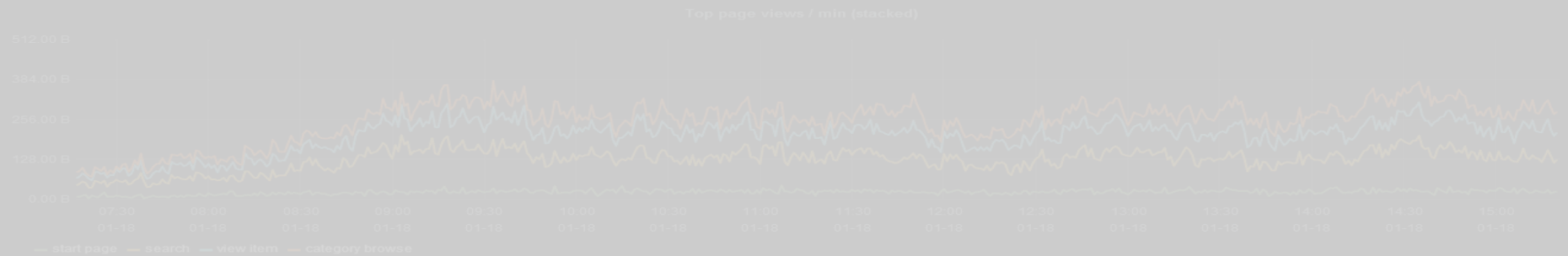
**no way jose!**





# Gone Fishing

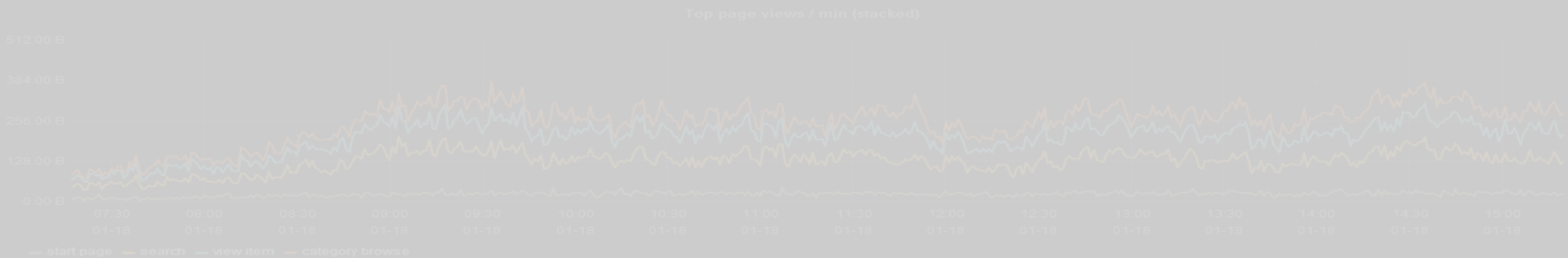




# 4 hours

**LET ME 'SPLAIN...NO,  
THERE IS TOO MUCH...**

**LET ME SUM UP.**



# 4-hour Decompress



# 4-hour Decompress

○ location

○ deliberate disconnect

○ stimuli

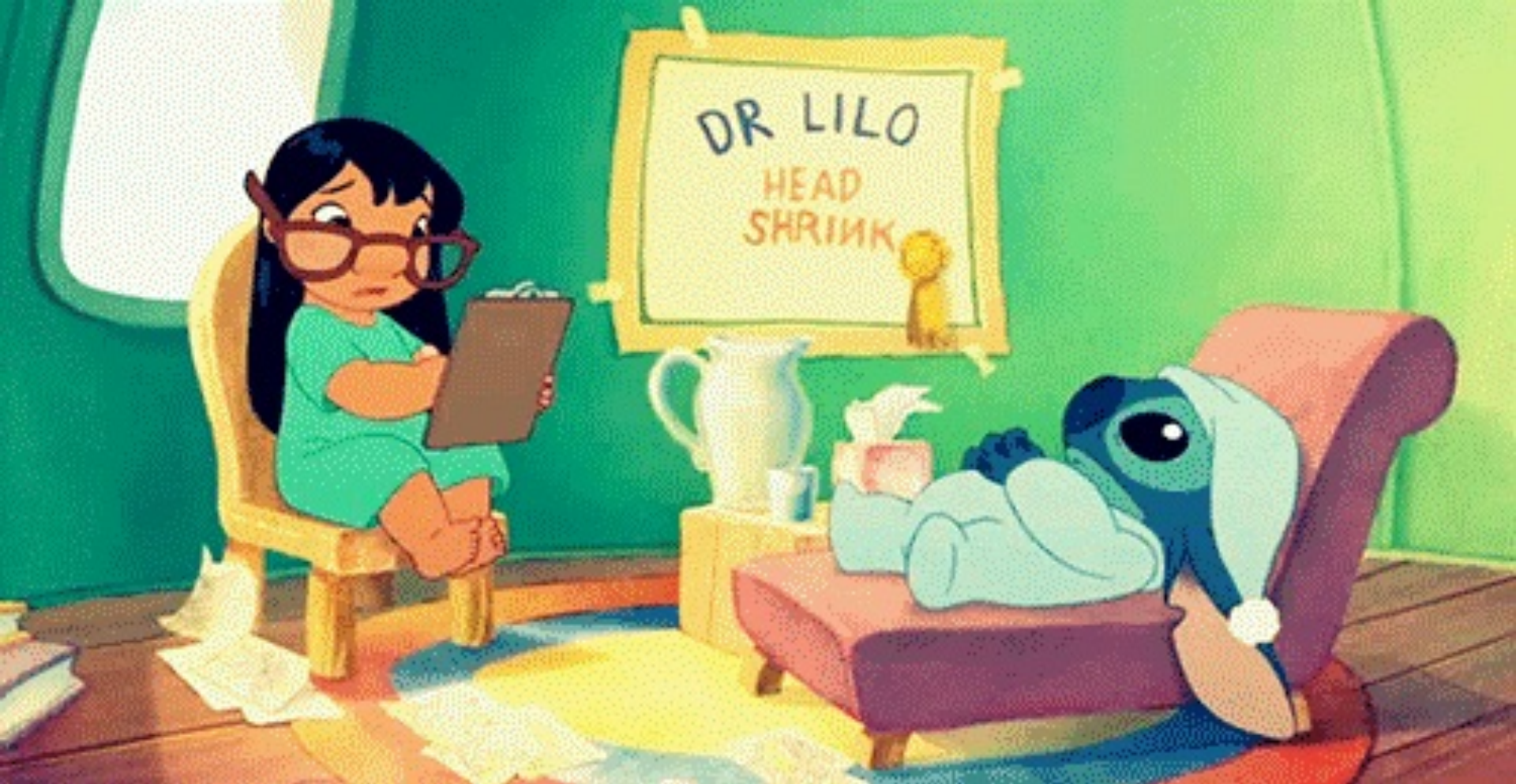
○ reflect, record, reconnect

SILLY HUGGLES



**Sing Soft Kitty to me.**

@mary\_grace







@mary\_grace





@mary\_grace



512.00 B

384.00 B

256.00 B

128.00 B

0.00 B

start page

12

10

8

6

4

2

request

50

40

30

20

10

0

404



15.00  
01-10

128

100

75

50

25

0

avg average



100  
01-10

512.00 B

384.00 B

256.00 B

128.00 B

0.00 B

0.7

0.1

— start page

12

10

8

6

4

2

0

0.00

0.1-1.0

— requests / s

50

40

30

20

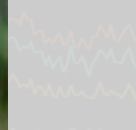
10

0

0.00

0.1-1.0

— 404



15.00

0.1-1.0

125

100

75

50

25

0

0.00

0.1-1.0

— moving average

50

40

30

20


10

0

If I can't hug  
you in person...



I'll just hug my  
computer and hope  
it'll reach you.

A still from the movie 'The Help' showing Octavia Spencer as Minnie Fearing sitting in a wooden rocking chair, smiling warmly at a young girl with blonde curly hair. The girl is wearing a white dress with a floral pattern. The background is a pink wall with a framed picture and floral curtains.

You is kind.  
You is smart.  
You is important.

*-- From the movie, "The Help"*



Who Am I?



What About You?  
(Hint: You Need It Too)



Now What?

**Passion** is what drives you and gives your life meaning. **Obsession** happens when you are fixated on something, forsaking all the rest.

**Understand the difference** between passion and obsession to change your thoughts and actions. **Find balance** by cultivating other interests offline.

# Monitoring the Health of Your Website

*self*



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DevRel Manager, SparkPost  
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