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 1?







developers.sparkpost.com

Traffic & Response time



Errors (500) / Min

Email is





@mary_grace

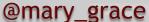
community DUISE

Jason Hand, Mary Thengvall, & PJ Hagerty

@community_pulse

communitypulse.io







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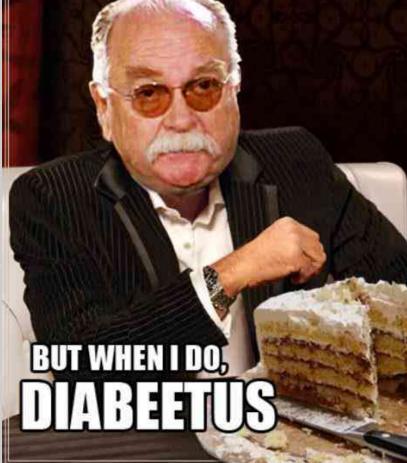
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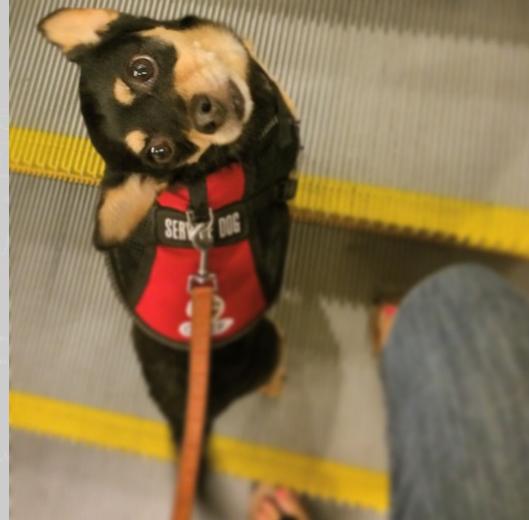
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burnout in tech culture

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

www.nytimes.com/.../when-employee-engagement-turns-into-e...
The New York Times
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 ...

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The Truth About Burnout

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Copyrighted Materia

-Christina Maslach

Overwhelmed:

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

-Brigid Schulte

THE TRUTH About Burnout

HOW ORGANIZATIONS CAUSE PERSONAL STRESS AND WHAT TO DO ABOUT IT

> CHRISTINA MASLACH MICHAEL P. LEITER

> > JE JOSSEY-BASS A Wiley Brand













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



3:44 PM - 19 Jul 2015 · Details





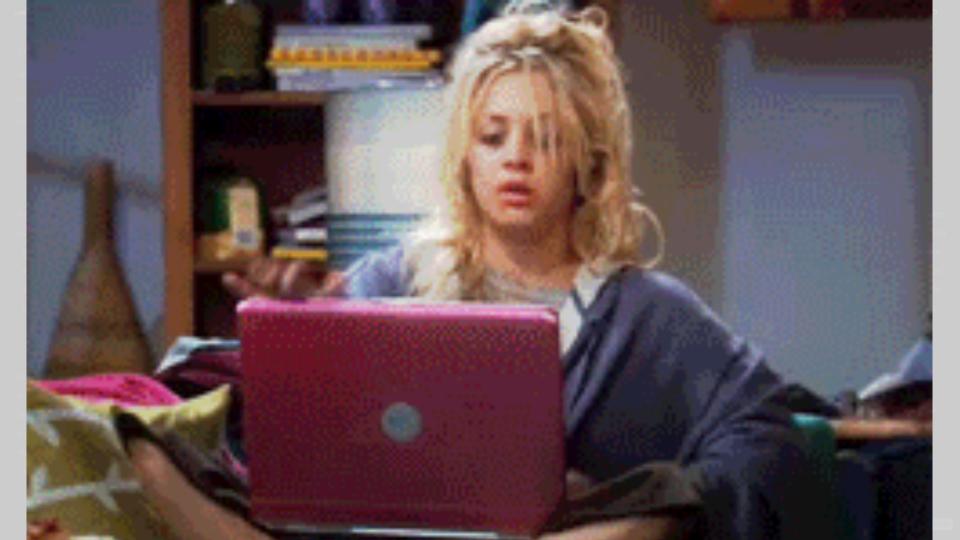




What Now?











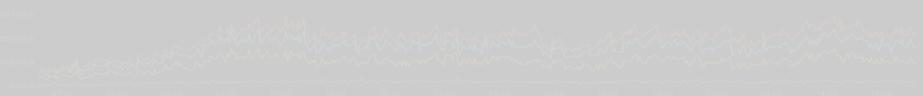
















J Paul Reed - Dodging Burnout 4 Hours at a Time







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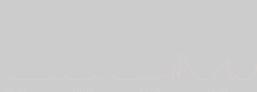
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J Paul Reed - Dodging Burnout 4 Hours at a Time

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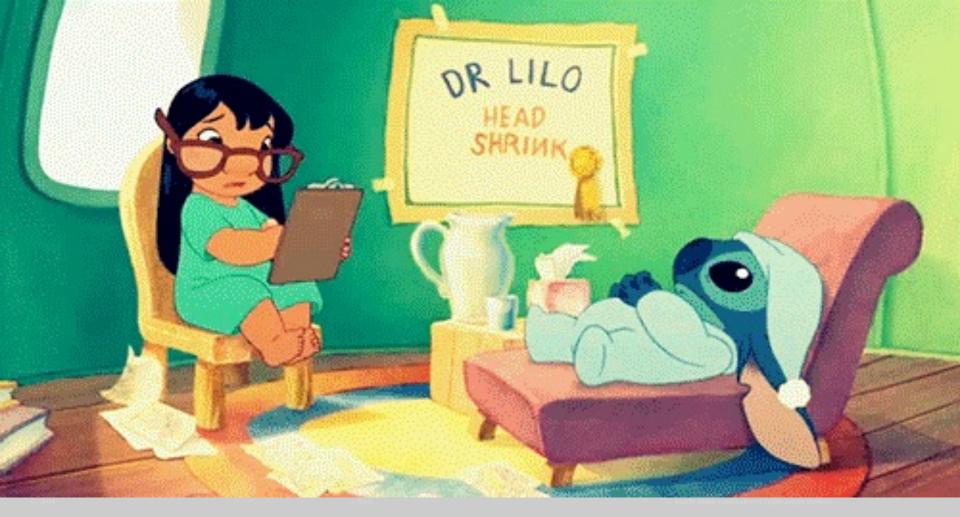
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• reflect, record, reconnect

J Paul Reed - Dodging Burnout 4 Hours at a Time



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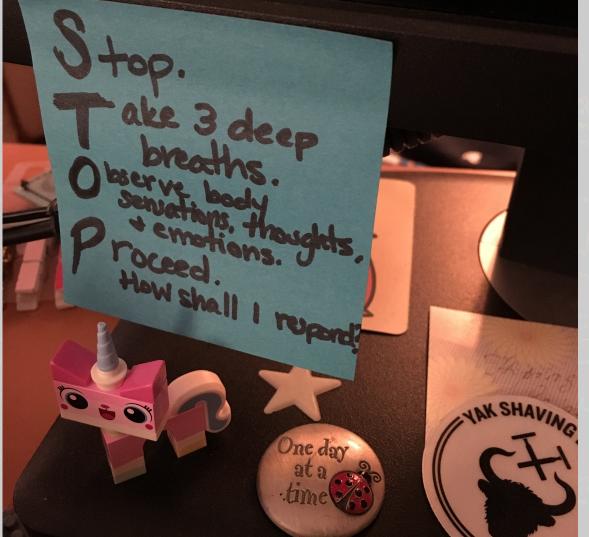
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@mary_grace

© Liriana

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

-- From the movie, "The Help"

@mary_grace



Who Am 1?





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.

The Dark Side of Community Management



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