CONTINUOUS IMPROVEMENT
DevOps & Mental Health
1 – @CrayZeigh | #DevOpsDays | @elastic

Aaron Aldrich

COMMUNITY @ ELASTIC

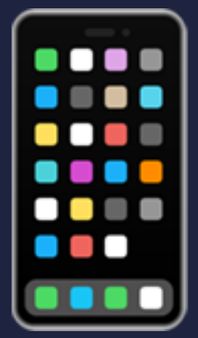
📧: aaron.aldrich@elastic.co
🐦: @CrayZeigh
🖼️: noti.st/crayzeigh

elastic

NATIONAL SUICIDE PREVENTION MONTH

HOTLINES

: 800-273-8255



: CONNECT TO 741741

DISCLAIMER

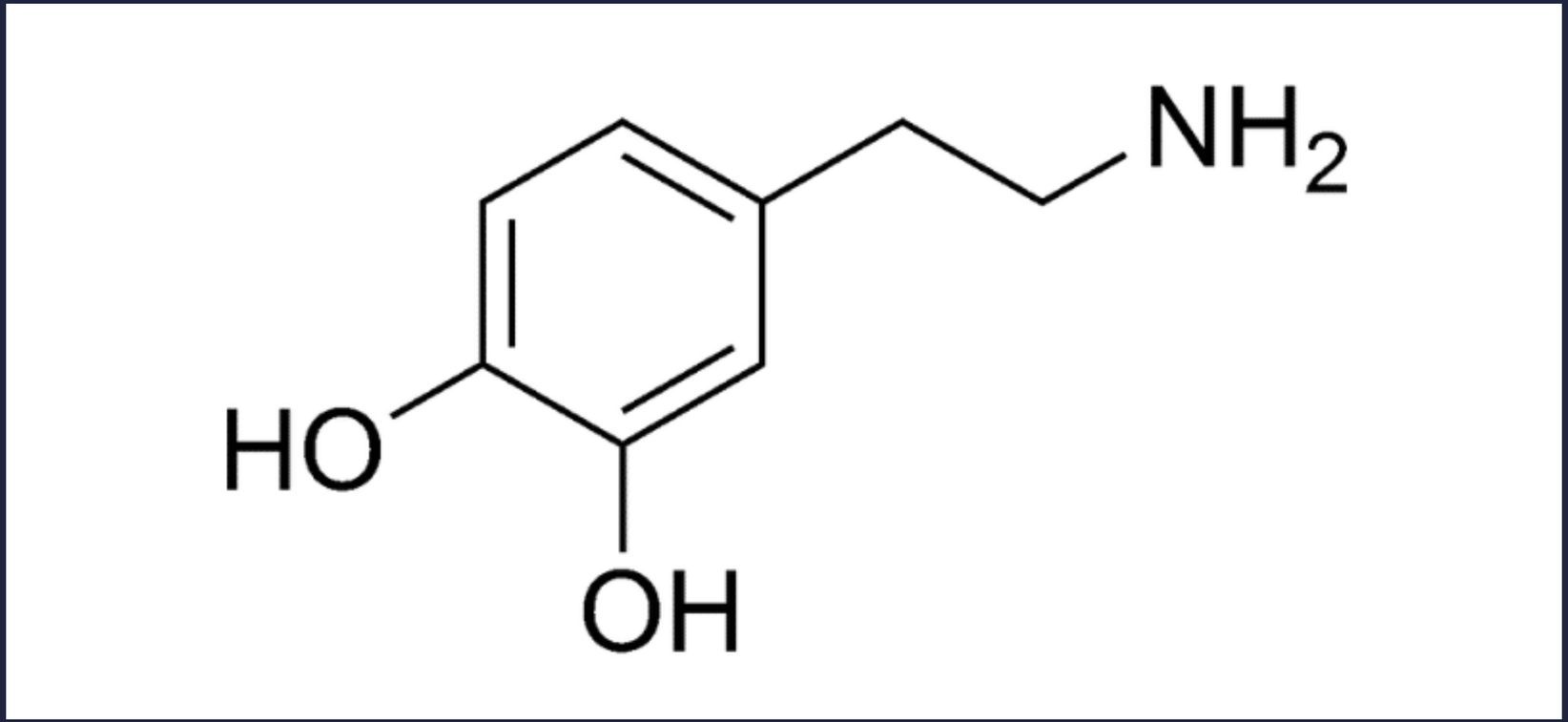
I am not a medical professional and cannot diagnose or recommend treatment for any disease. These experiences are mine and represent my personal experience.

This talk will mention depression, anxiety and ADHD. While it's not intended to go very deep, please be responsible for your health. I am not offended if you need to leave at any time.

ADHD

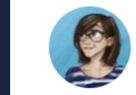
DOPAMINE DEFICIENCY

POOR WORKING MEMORY



EXECUTIVE FUNCTION

- Wandering Attention
- Impulse Control
- Emotional Regulation
- Sense of Time
- Hyperfocus



Dani Donovan
@danidonovan

#ADHD Coping Mechanisms 101: ADRENALINE

1) Avoid starting
2) Panic sets in
3) Finally start
4) Get stuck on one detail
5) Rabbit hole
6) Meltdown about wasted time
7) Stay up as long as it takes (perfectionistic fear of failure)
8) Pull it off
9) Burnout recovery
10) Repeat twitter.com/NearlyFarleyAr…

> **Nearly Farley** 🌷💀🌷 @NearlyFarleyArt
> I posted an article about this, but ways "gifted" ADHD pass as high functioning is by using adrenaline to kick in gear. That means developing OCD like behaviors centered around anger, self hate & panic (aka anxiety). You learn acceptance and praise comes from a hell you create. twitter.com/blkgirllostkey…

♡ 4,078 1:41 PM - Sep 9, 2019

1,366 people are talking about this

Wall of Awful

- Stare at it
- Go Around it
- Hulk Smash

Wall of Awful

- ~~Stare at it~~
- ~~Go Around it~~
- ⚠️Hulk Smash⚠️

Wall of Awful

- FREEZE
- FLIGHT
- FIGHT

Wall of Awful

- climb the wall
- build handholds

555-3215

FAILURE

DEPRESSION

ANXIETY

PREVALENCE OF MENTAL ILLNESS

5%

SEVERE*

20%

ANY*

42%

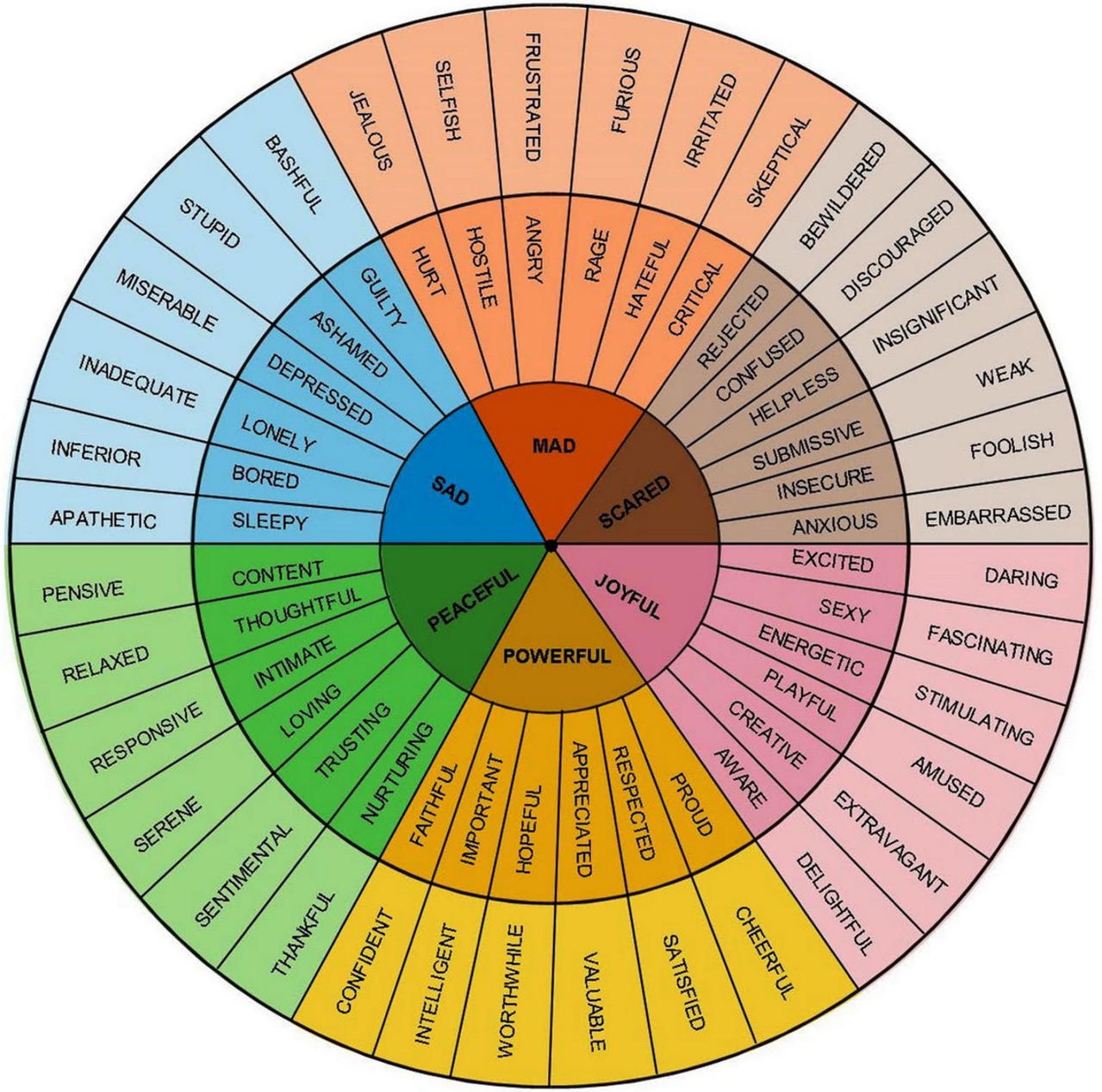
TECH WORKERS‡

*nimh.nih.gov; ‡OSMI Survey 2016

GLASGOW 2018
EUROPEAN CHAMPIONSHIPS
NELSON MANDELA PLACE
PIZZERIA AMARONE RISTORANTE

OBSERVABILITY

METRICS


SAD
MAD
SCARED
PEACEFUL
POWERFUL
JOYFUL
BASHFUL
JEALOUS
SELFISH
FRUSTRATED
FURIOUS
IRRITATED
SKEPTICAL
BEWILDERED
DISCOURAGED
INSIGNIFICANT
WEAK
FOOLISH
EMBARRASSED
STUPID
MISERABLE
INADEQUATE
INFERIOR
APATHETIC
GUILTY
ASHAMED
DEPRESSED
LONELY
BORED
SLEEPY
HURT
HOSTILE
ANGRY
RAGE
HATEFUL
CRITICAL
REJECTED
CONFUSED
HELPLESS
SUBMISSIVE
INSECURE
ANXIOUS
EXCITED
SEXY
ENERGETIC
PLAYFUL
CREATIVE
AWARE
PROUD
RESPECTED
APPRECIATED
HOPEFUL
IMPORTANT
FAITHFUL
NURTURING
TRUSTING
LOVING
INTIMATE
THOUGHTFUL
CONTENT
PENSIVE
RELAXED
RESPONSIVE
SERENE
SENTIMENTAL
THANKFUL
CONFIDENT
INTELLIGENT
WORTHWHILE
VALUABLE
SATISFIED
CHEERFUL
DELIGHTFUL
EXTRAVAGANT
AMUSED
STIMULATING
FASCINATING
DARING

"SASHET" CHECK-INS

SAD
loss, disconnected

ANGRY
blocked, boundary crossed

SCARED
uncertain, afraid

HAPPY
content, joyful

EXCITED
hopeful

TENDER
connected

ERROR BUDGETS
HP L1906

blame-aware retro

YOUR PERFORMANCE IS NOT YOUR VALUE

MANAGE WIP

aaron aldrich @ heartifacts
@crayzeigh
Today:
✅ got out of bed
✅ showered
✅ brushed teeth
It's not a very accomplished day, but a non-zero day. Brain chemicals cause some bullshit.
11:55 PM - Oct 12, 2017 · Southington, CT
2
See aaron aldrich @ heartifacts's other Tweets

RECAP

- We Are Complex Systems
- Get you some observability
- Error Budgets
- Give Grace
- Manage WIP

CONTINUOUS IMPROVEMENT

RESOURCES

- OSMI: osmihelp.org
- Mental Health First Aid: mhfa.org
- Emotional API (John Sawers): emotionalapi.com
- Let's Keep Talking: Make it OK to share, here in an open space, elsewhere