

CONTINUOUS IMPROVEMENT

DevOps & Mental Illness

AARON ALDRICH
@CrayZeigh

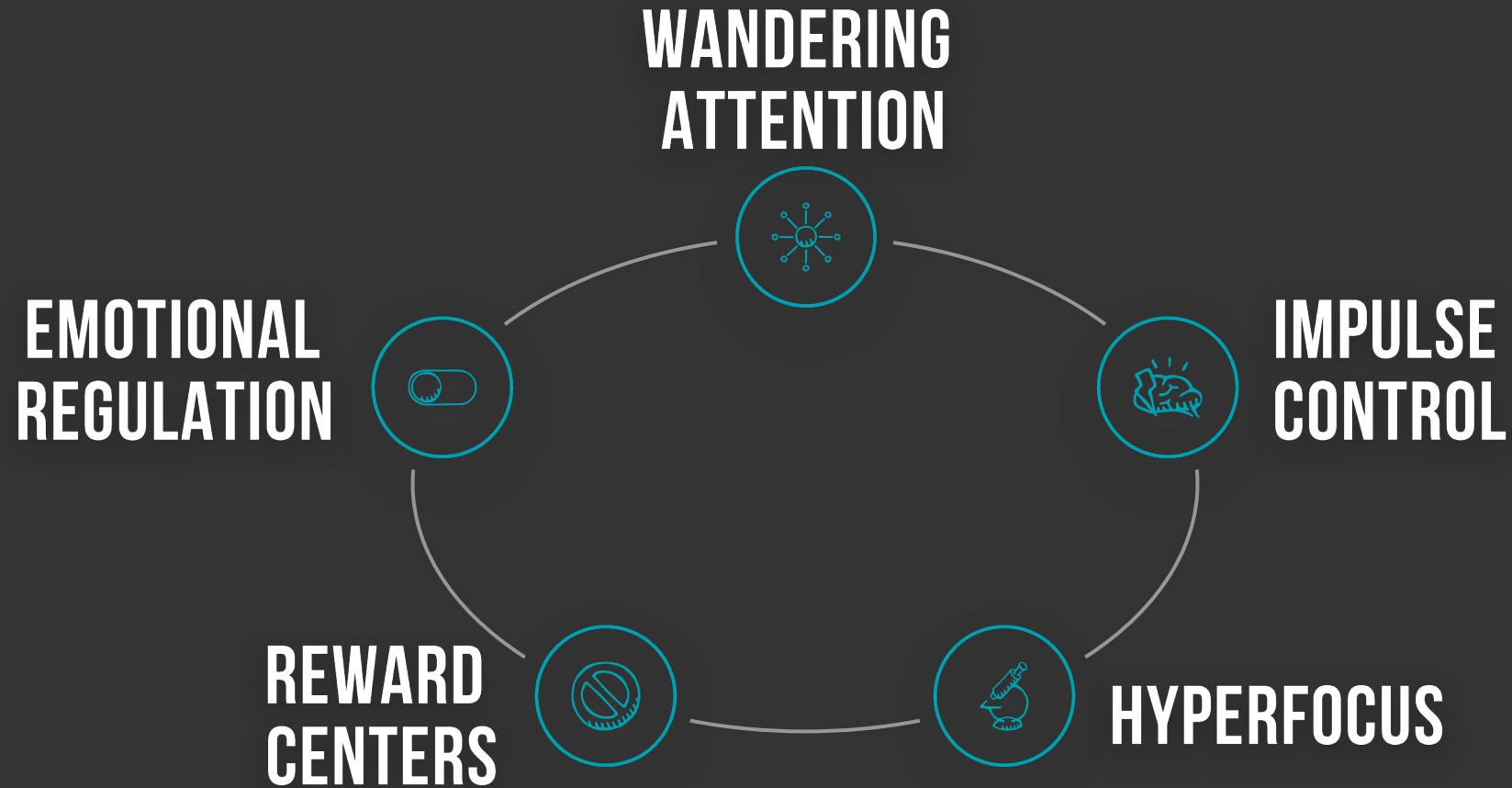


@CrayZeigh - 2



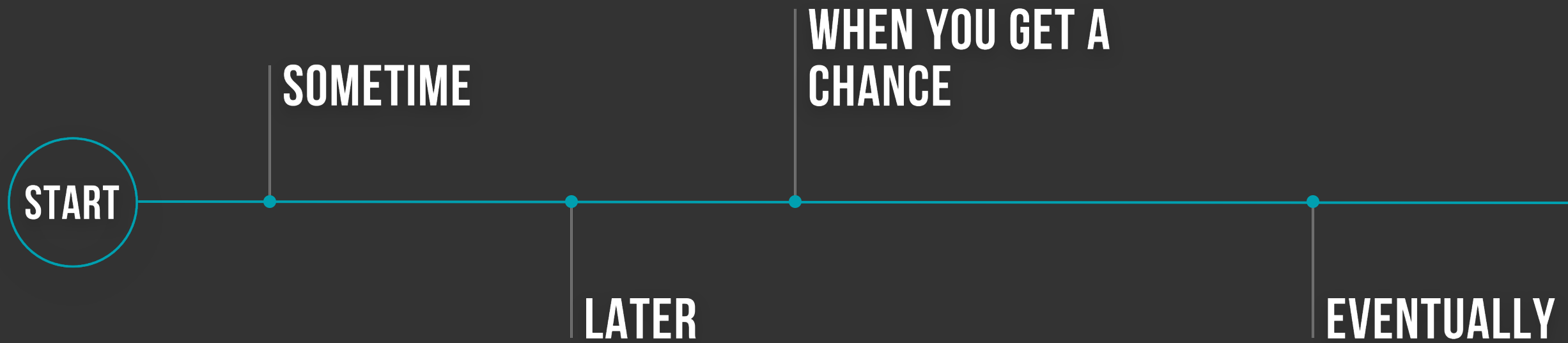
ADHD

EXECUTIVE FUNCTION





FAILURE



COMORBIDITY

DEPRESSION

ANXIETY



PREVALENCE

5%



SEVERE*

20%



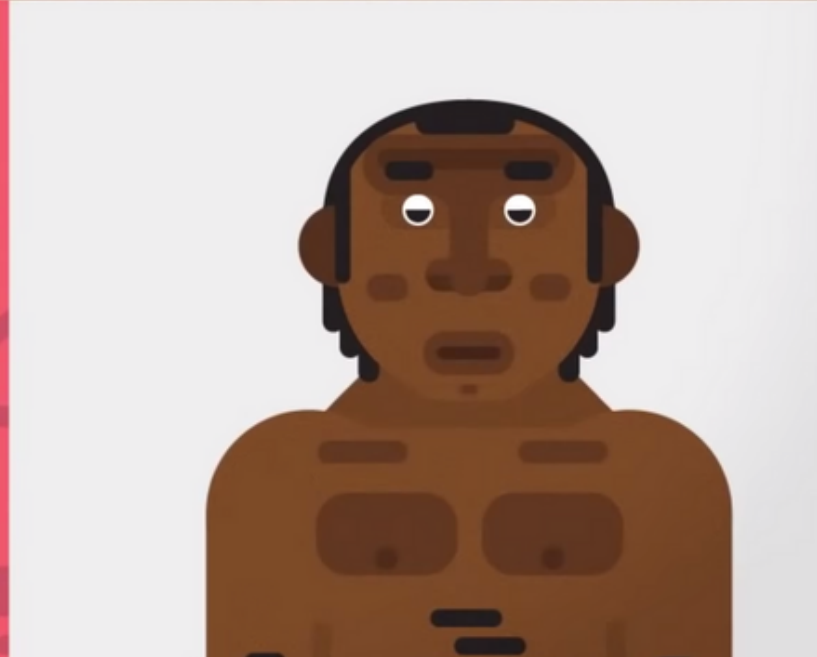
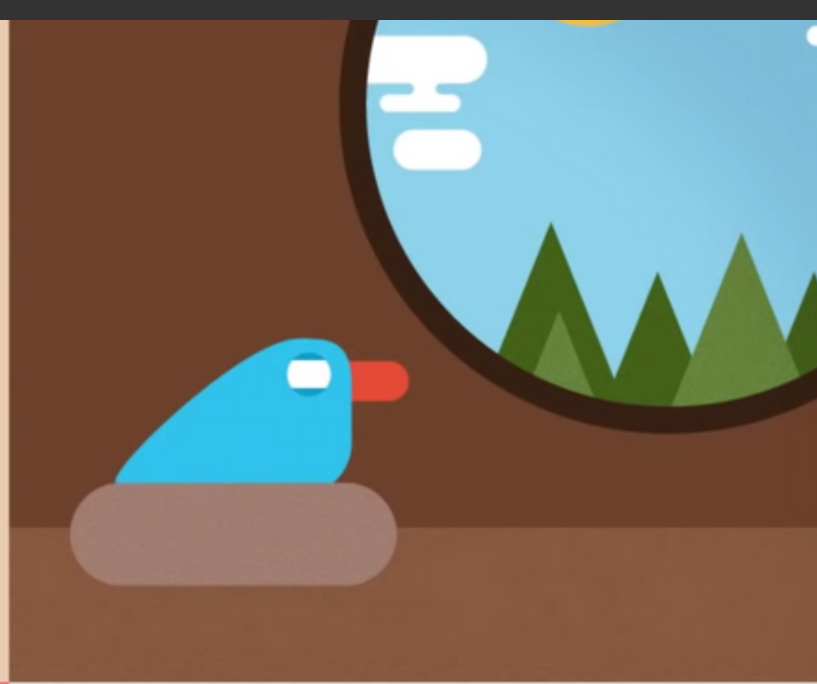
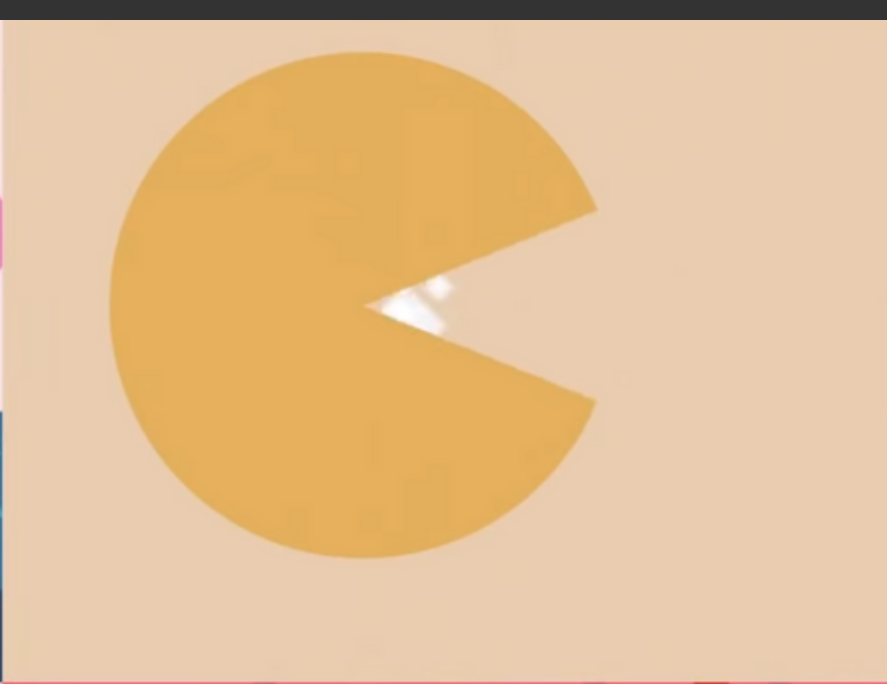
ANY*

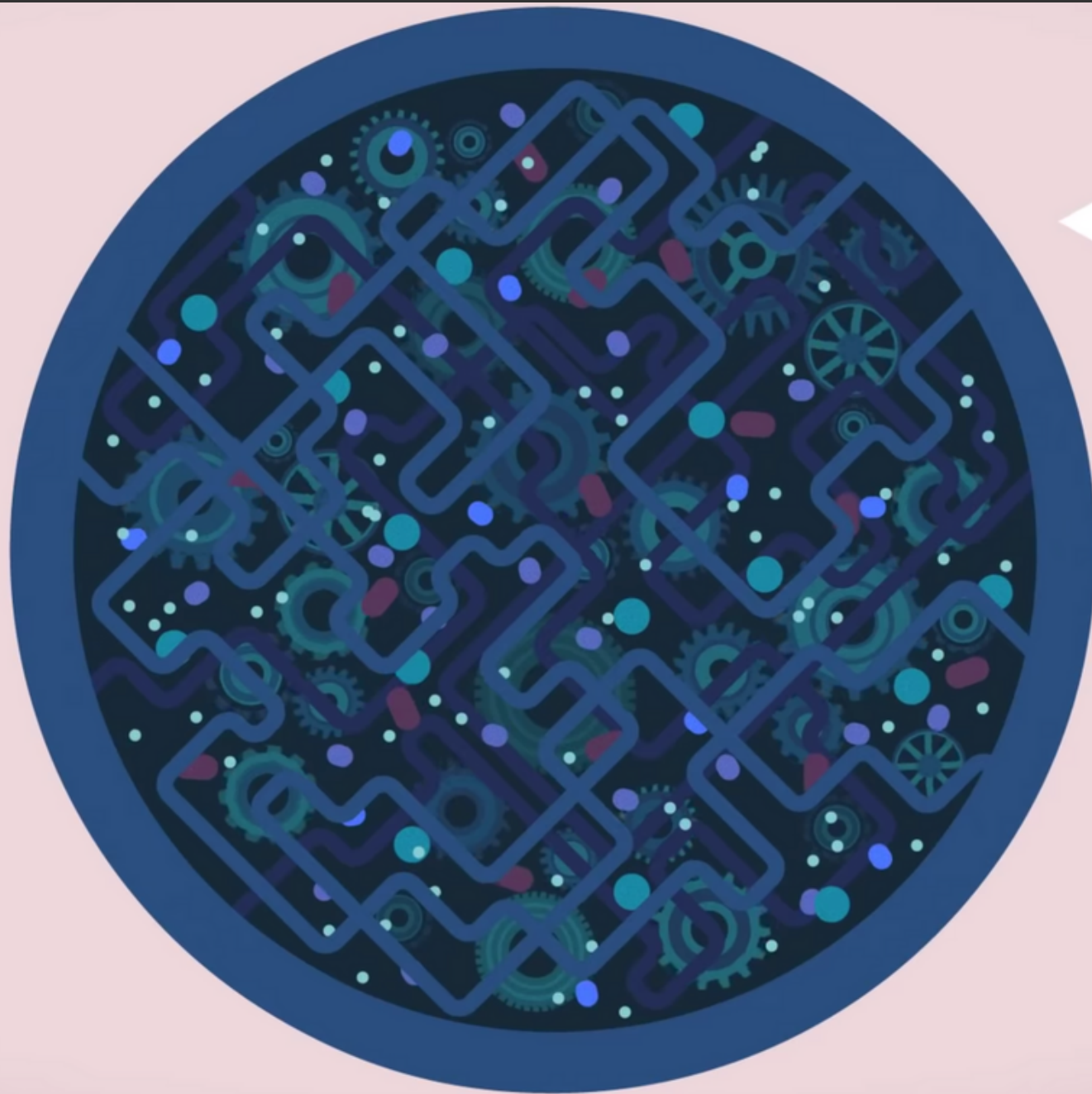
42%



TECH WORKERS‡

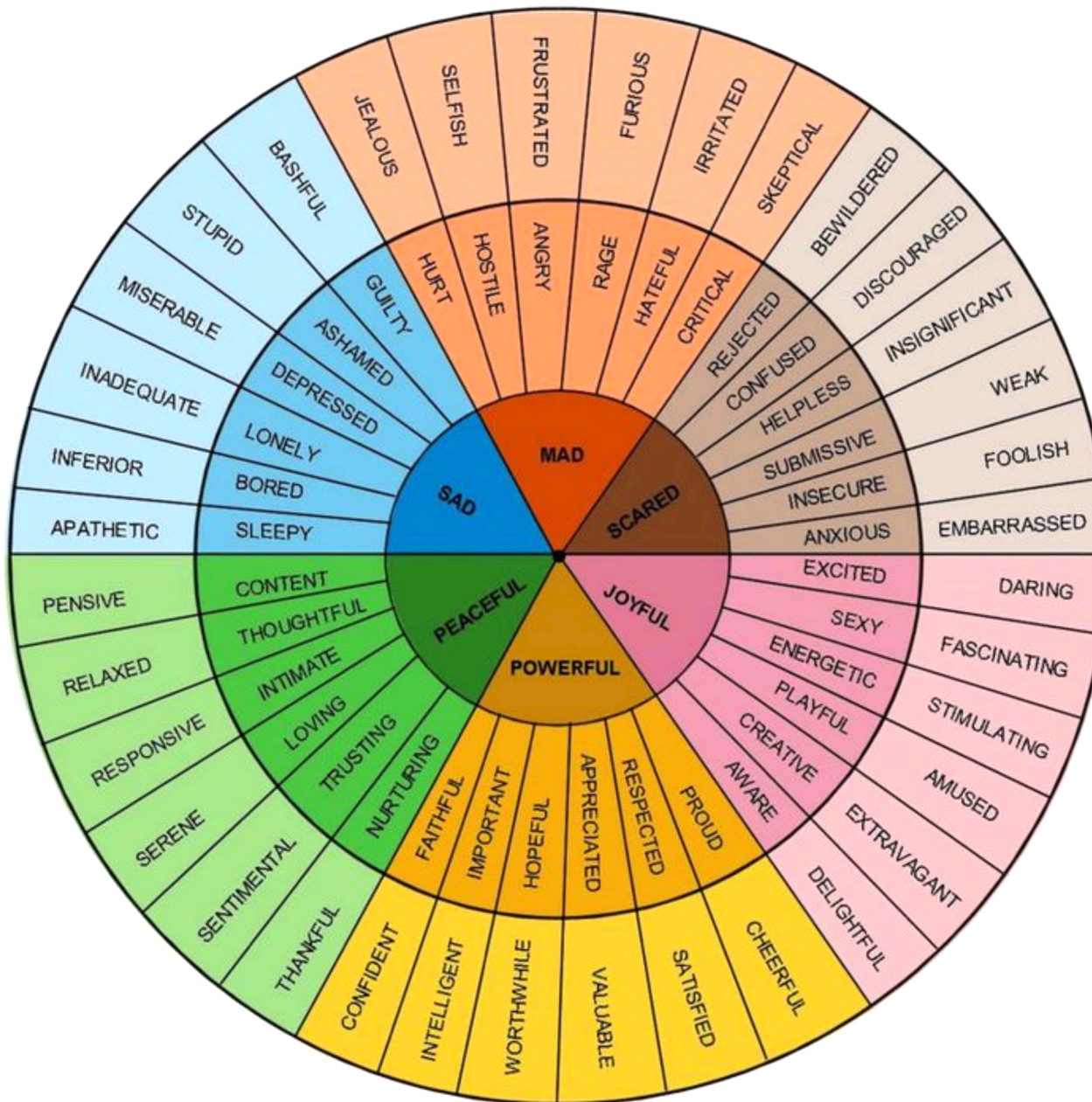
*nimh.nih.gov; ‡OSMI Survey 2016





OBSERVABILITY





“SASHET” CHECK-INS



SAD

loss, disconnected



HAPPY

content, joyful



ANGRY

blocked, boundary crossed



EXCITED

hopeful



SCARED

uncertain, afraid



TENDER

connected

“SASHET” CHECK-INS



SAD

loss, disconnected



HAPPY

content, joyful



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TENDER

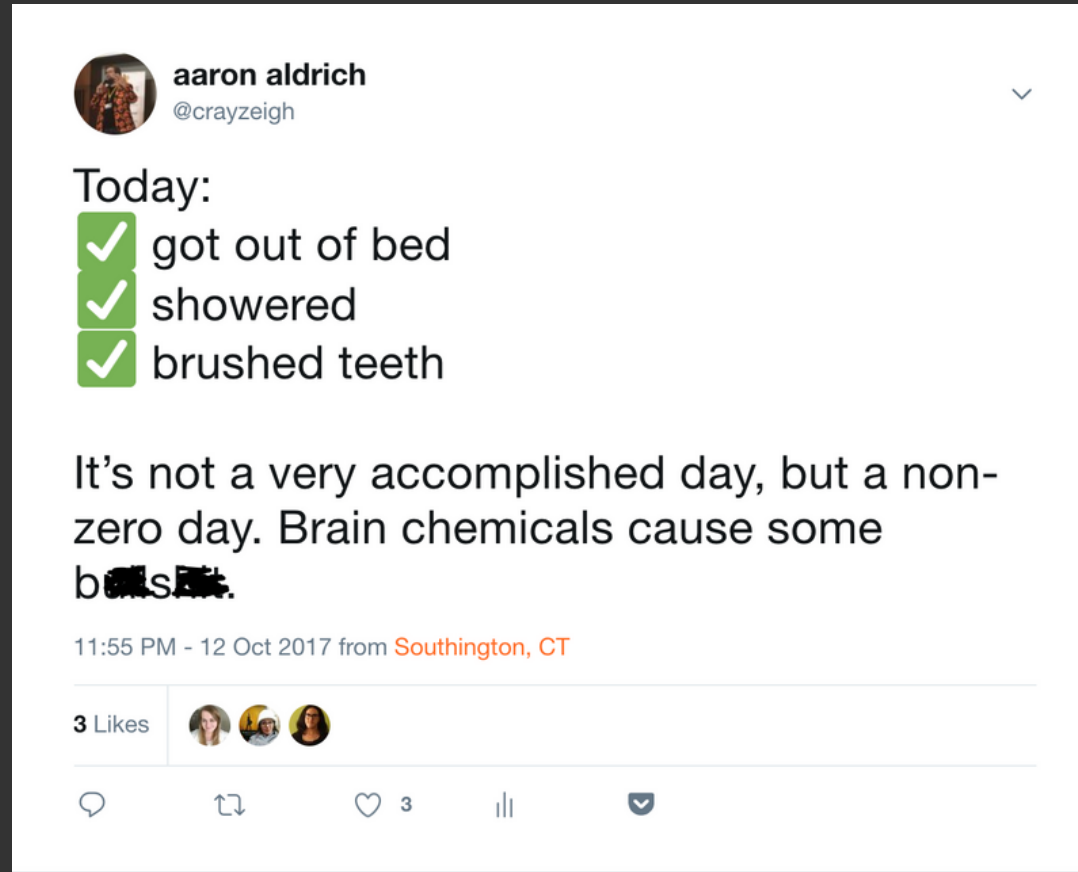
connected


BLAMELESS RETROSPECTIVES



YOUR **PERFORMANCE** IS NOT
YOUR **WORTH**

MANAGE WIP




 **aaron aldrich**
@crayzeigh






Today:

- ✓ got out of bed
- ✓ showered
- ✓ brushed teeth

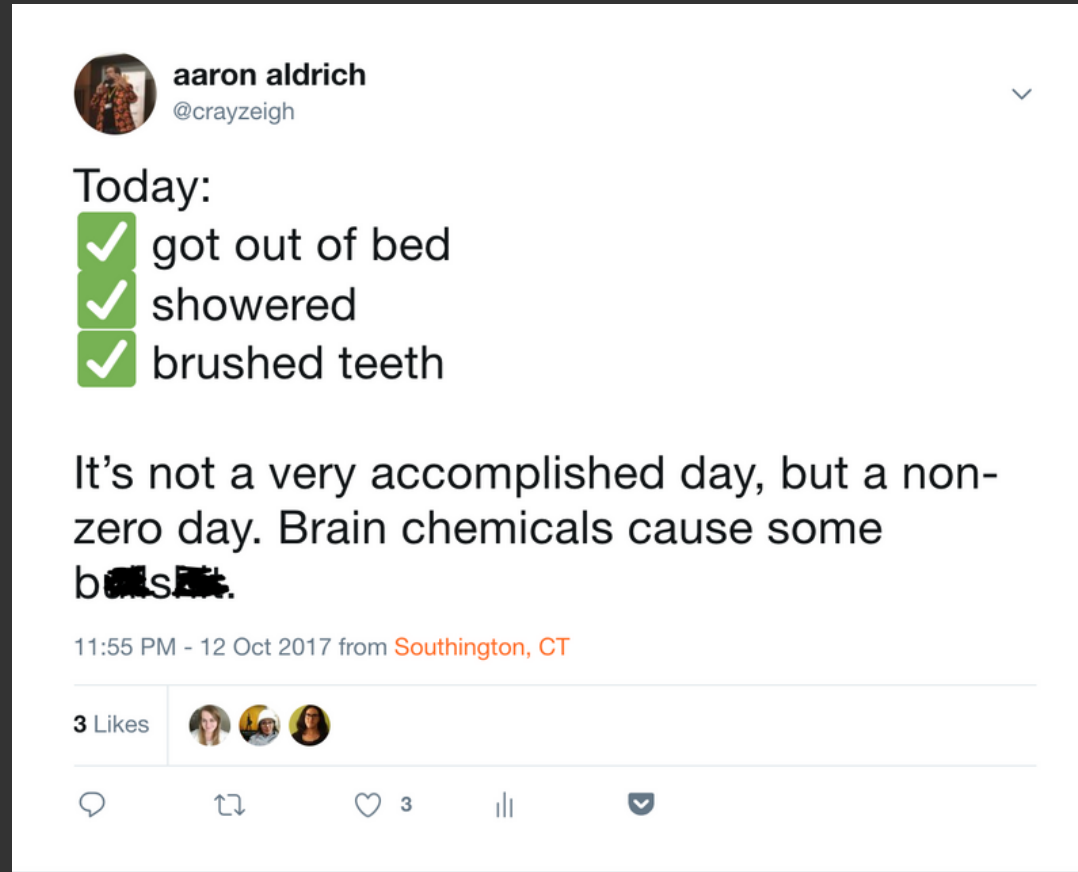
It's not a very accomplished day, but a non-zero day. Brain chemicals cause some ~~bullshit~~.

11:55 PM - 12 Oct 2017 from [Southington, CT](#)

3 Likes 

   3  

MVP: NO ZERO-DAYS



RECAP

- **COMPLEX SYSTEMS**

There's a lot going on below the surface

- **OBSERVE YOURSELF**

w/ “SASHET” Check-Ins

- **GIVE GRACE**

Failure is about learning, not finding fault

- **MANAGE WIP**

Sometimes your work is getting out of bed

- **OSMI FOR MORE**

osmihelp.org

- **LET'S KEEP TALKING**

Make it OK to share, here in an Open Space and everywhere we go