SIGNS & SYMPTOMS

I eat (a lot)

Not sleep, low energy

Impatience, irritable

Annoyance

Clutter in living space

Sarcastic (very)

Cry

Drink

Prone to injury

Withdraw

Anxious

Physical - hives, headaches

Can't turn off mind

Feel trapped
SLEEP

Causes:
- Stress
- To-do list replays
- Replay the day
- Different Scenarios
- New Environments
- Too TIRED TO SLEEP

Manage:
- Diet (gluten, sugars, water... awareness)
- Exercise
- Turn off Devices (phone, TV, ...)
- Get permission

Effects:
- Groggy
- Tired
- Headaches
- Can't Focus
- Irritable

Help?
- Power naps
- 'Crash & catch up & sleep in!
- Music
- Meditation or apps, white noise
- Distractions
- Exercise - run, yoga, dance
- Laughter
- Friends
- Spa!
- Reading (not work!)
- TV (netflix)
- Healthy food
- Physical touch (snuggle!)

Awareness
- Sleep app / tracking
- Time - routine bed time / decompress time
  - (loving) feedback from colleagues - "You're really tired. Please go home."
FAILURE & REJECTION

IT SUCKS!

Failure for wanting Scrum practices more than team frustration

Embarassment

Take it personal

Shame

Differing definitions of failure
decade of self convinence

Imposter syndrome

Disengaged

Shame
Second guessing
fear - hesitation
depressing
Less intelligent
decreasing self-conviction
hard to let go
Over extending
How to find a way out of our own head

attachment disorder (new opportunity)
hollow
Overcompensate out of fear
Hard to say 'no'
Sometimes it feels good

Think outside the box
LONELINESS

solace

Assumption

What do you think that says?
Not Socially Acceptable to be lonely or unhappy

Isolation

Exclusion

Assumption
(External + Internal)

What is socially acceptable to say... do...?
STRESS & ANXIETY

It sux.

Makes you sick

Stress can lead to distress

It can be encompassing

I think I can tolerate more pain suffering than everyone else = arrogance?
Sympathetic nervous response

Fight
Flight
Freeze

Bail! Bail!

Pet the puppies! 😊