

/* Jason Stanford // @jps3 // 20-Jul-2023 */

2023
MACADMIN'S
CONFERENCE

Squirrel! || ^{OR} **How I Learned to Stop**
Spiraling  ^{AND} **&& ~~Love~~ my Neurodiversity**
!reject

I am **not** a mental health professional!

This talk is based on **my** personal experiences, and is not given in representation of my employer.



*“Hello
bunnies!”*

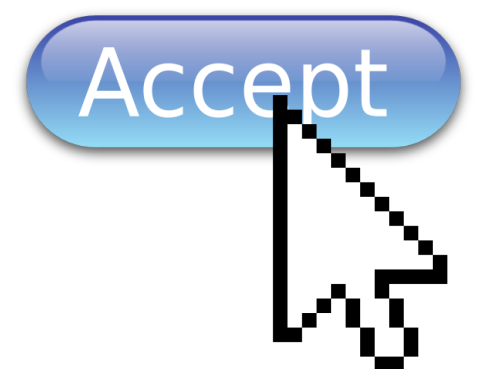
— Jessica McCabe (How to ADHD)

ND ↔ Neurodiversity

ADHD ↔ Attention Deficit Hyperactivity Disorder

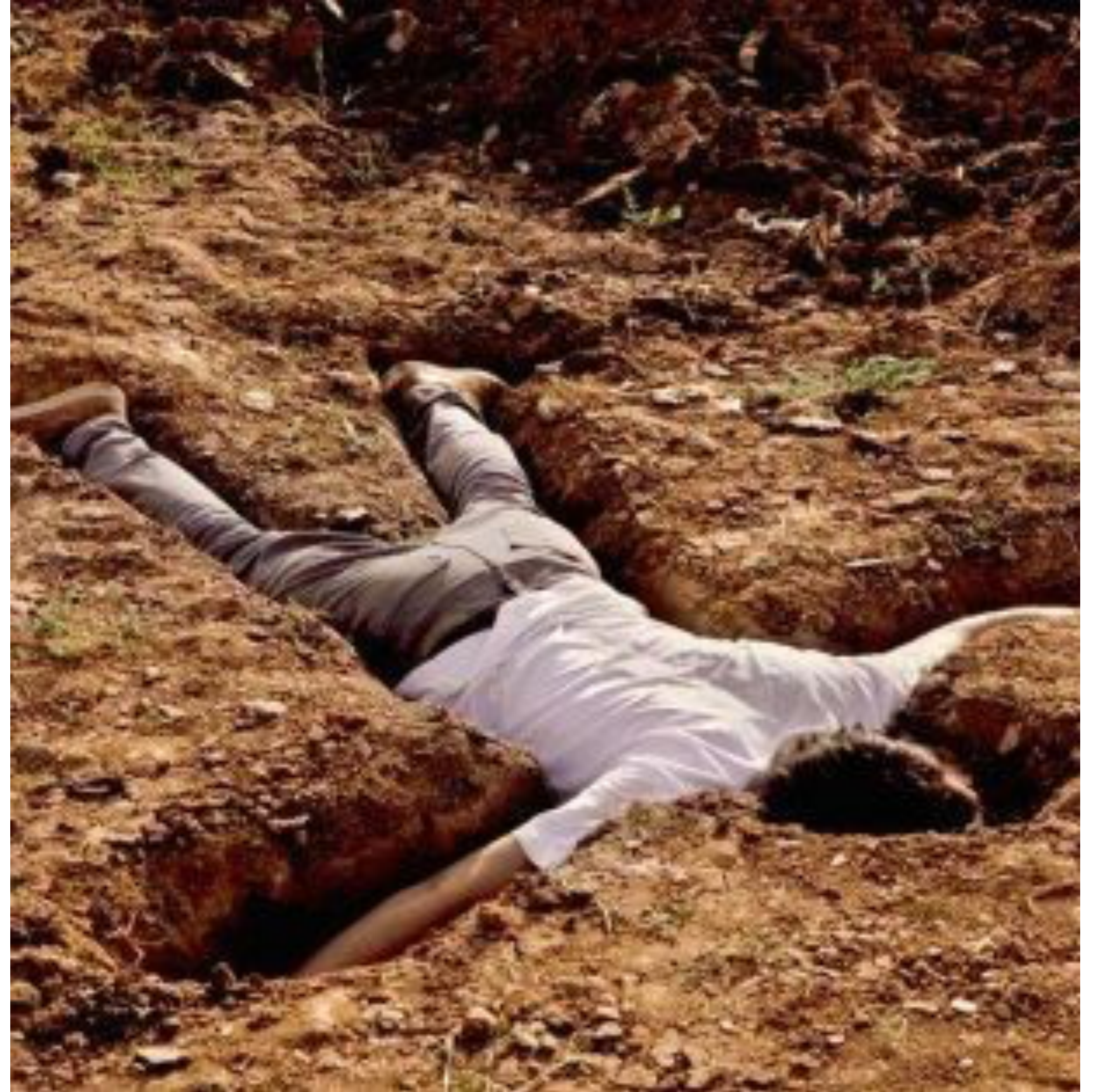
... is a complex brain disorder which arises from a developmental impairment of the brain's executive functions. People with ADHD often experience lifelong challenges in areas such as impulse-control, focus, time management, and organization.

this is a live demo of my adhd



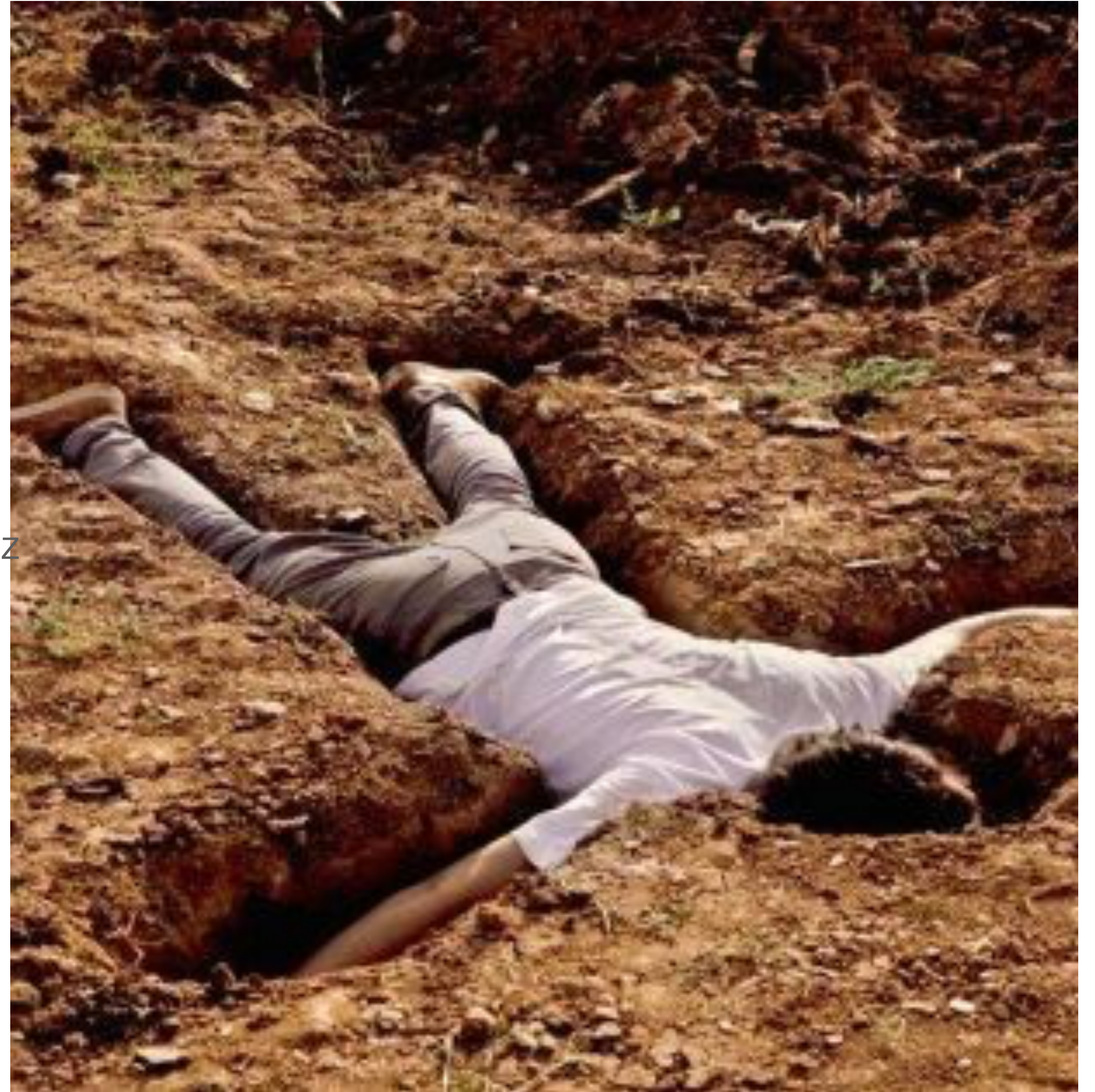
today's topics ...

burnout



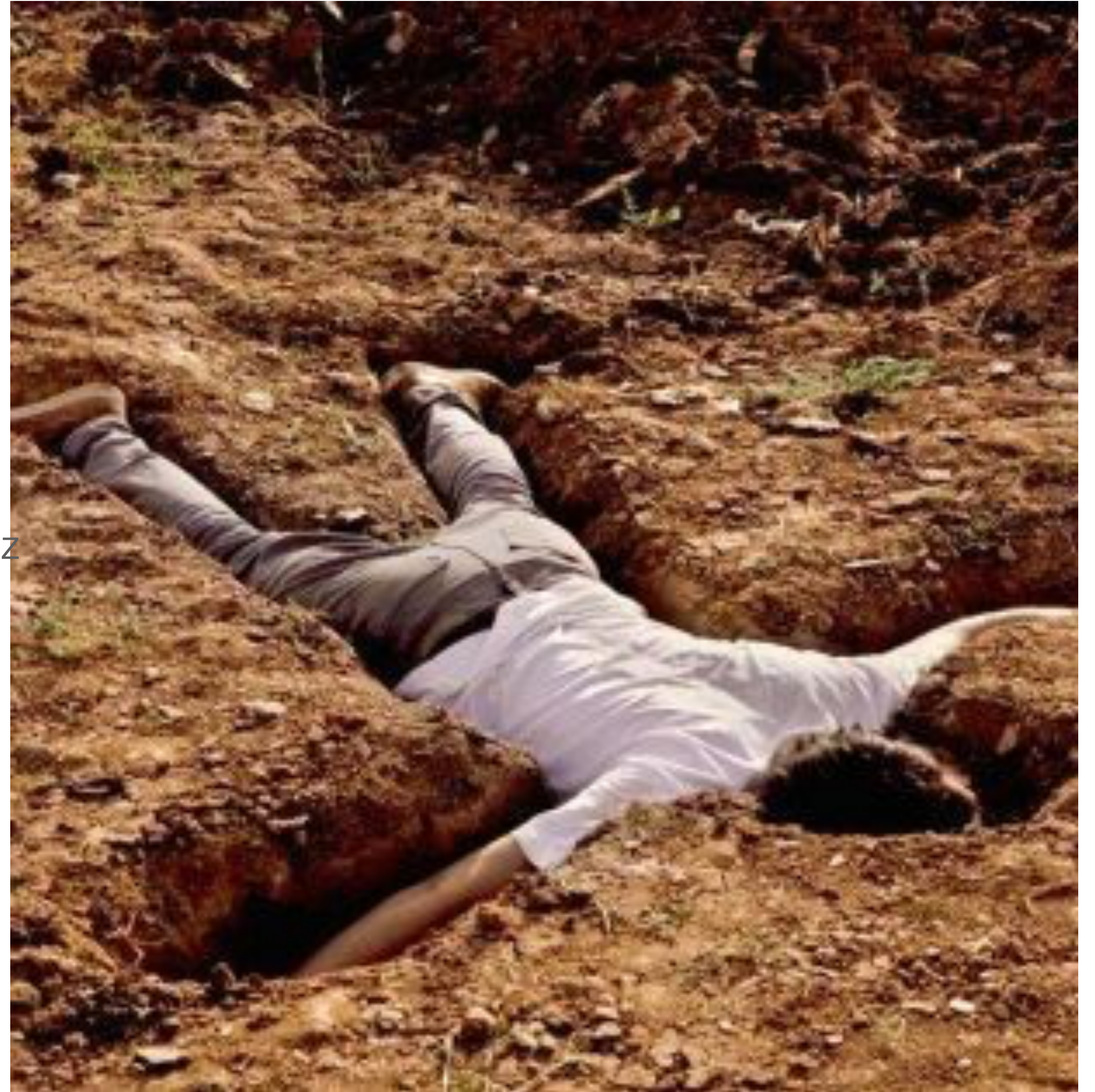
burnout: how?

- Over-commitment
- Masking
- Boundaries



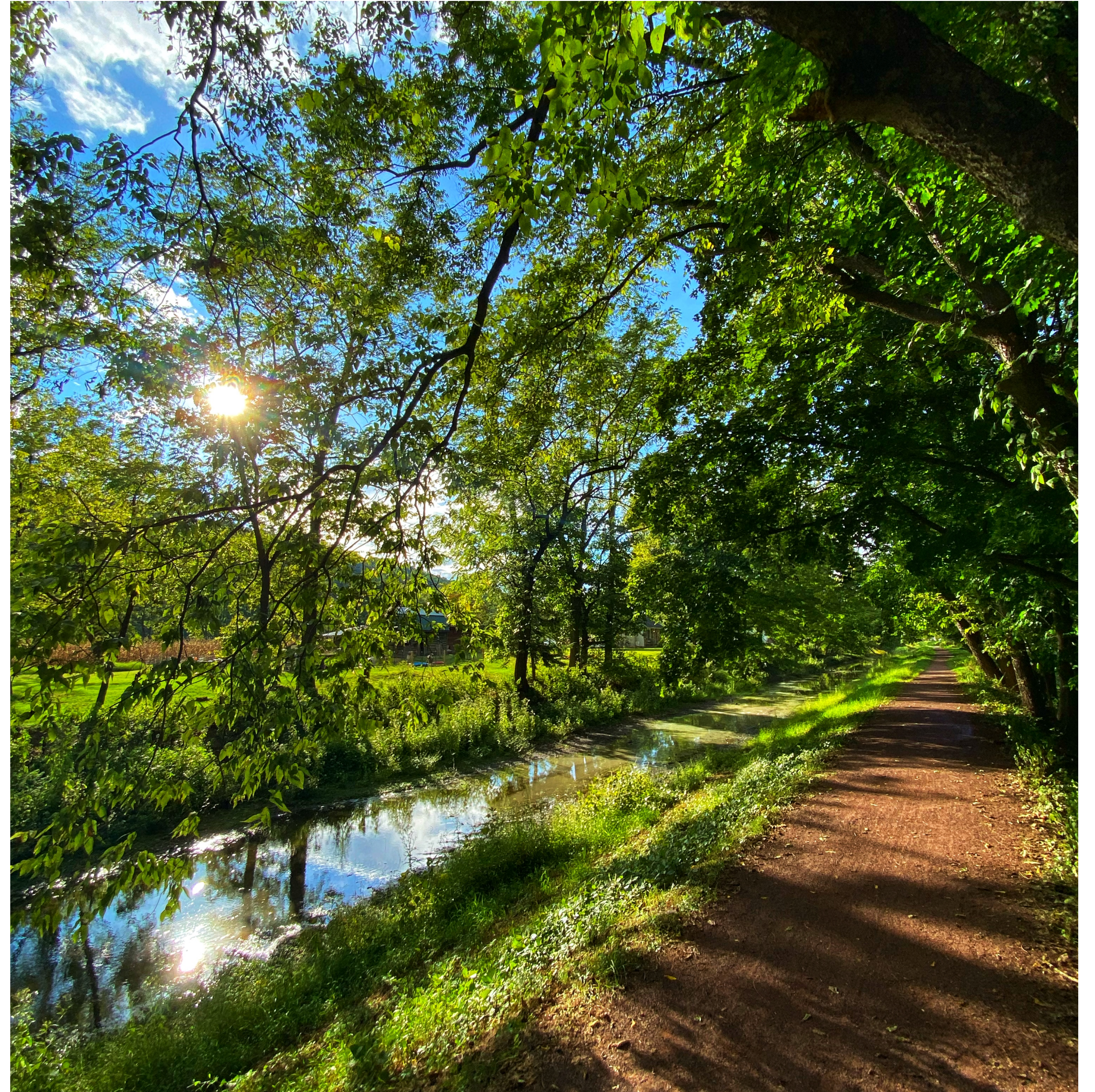
reduce burnout

- Protect your “Yes”
- Radical Transparency
- Sanity Checks
- Boundaries
- Self Care
- Acknowledge Your Successes



wellbeing/self-care

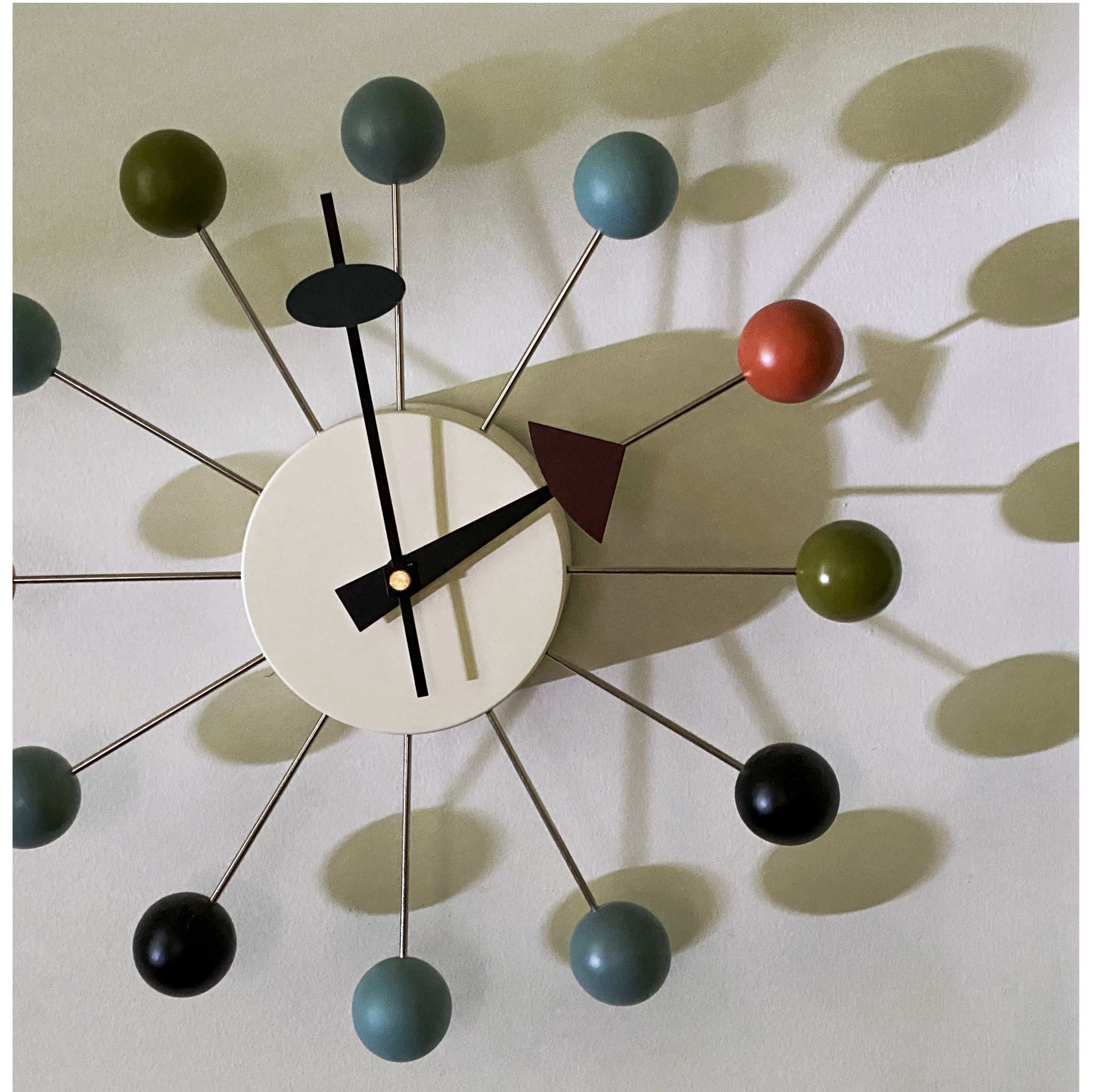
- Mindfulness
- Breaks are part of work
- Stay Hydrated!
- When did you last eat?
- Regular physical activity
- Nature is Nurturing





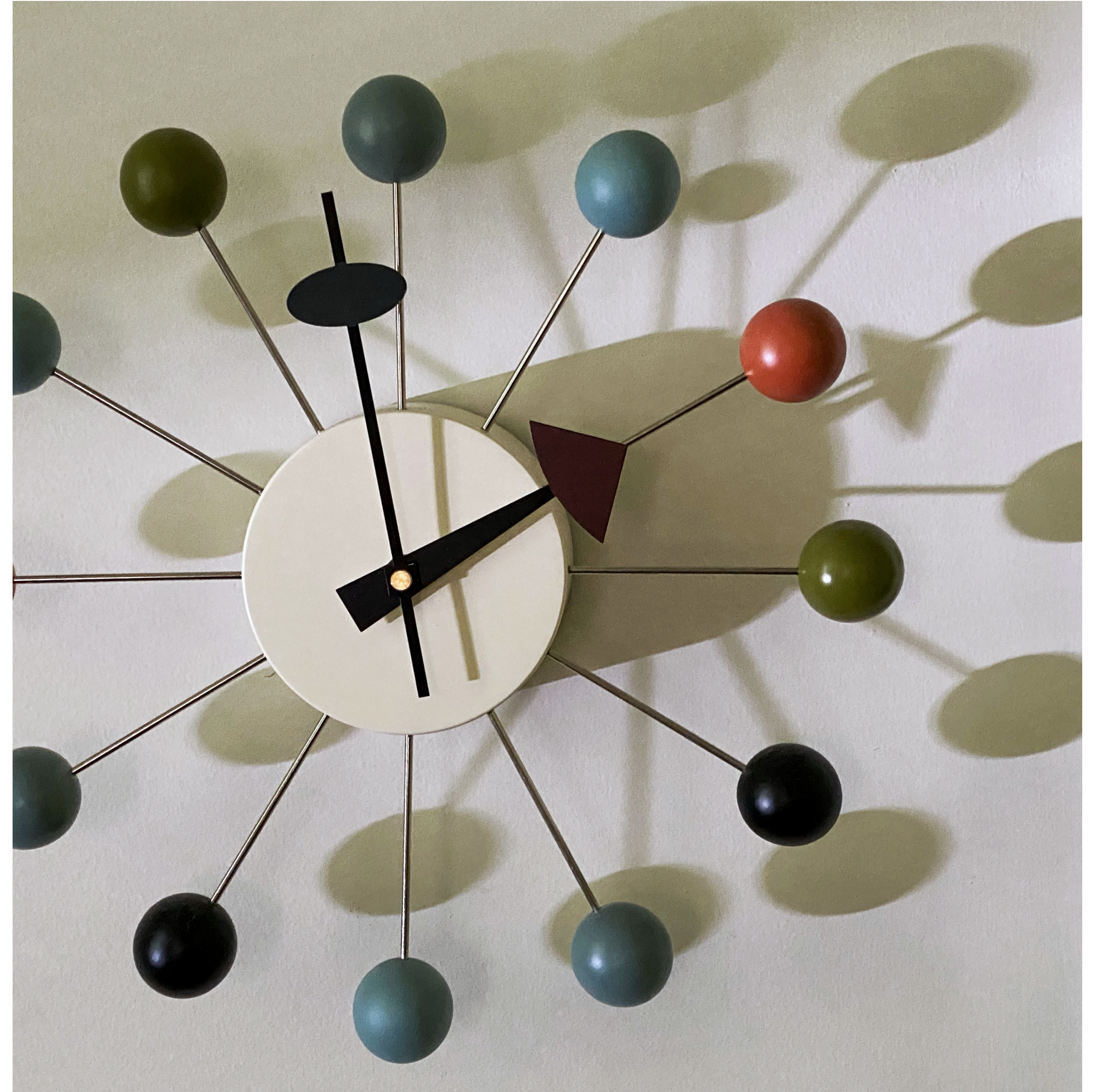
time management /focus

- Time Blindness
- Now vs. Not Now
- One-more-thing-itis
- Perfectionism
- Procrastination
- Difficulty Prioritizing



time management /focus

- Routines & Habit Stacking
- Pomodoro Technique 🍅
- Body Doubling/Co-Working
- “Good Enough”
- Distraction Logs
- R-A-N Method



ideas for supervisors

- Clear timelines for deliverables
- Use 🍅 for meetings!
- Discussion not Micromanaging
- Ensure effective coverage for PTO



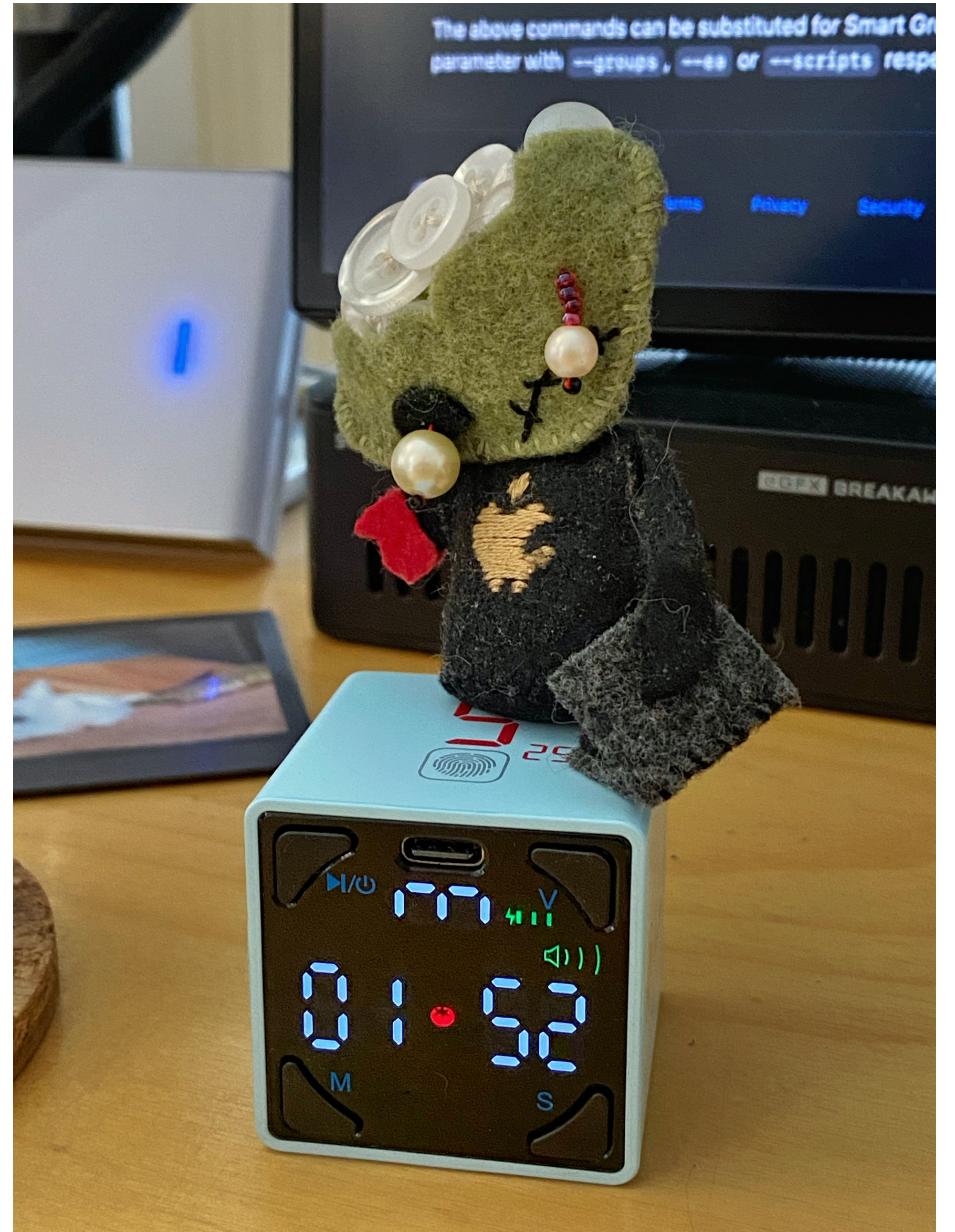
thank you to ...

- Damien Barrett, who suggested this talk and drafted a one-line summary to get me started
- My Inflow co-working peeps
- Jessica McCabe of How To ADHD, whose “Pills != Skills” got me thinking “Wait, what?”



learning resources

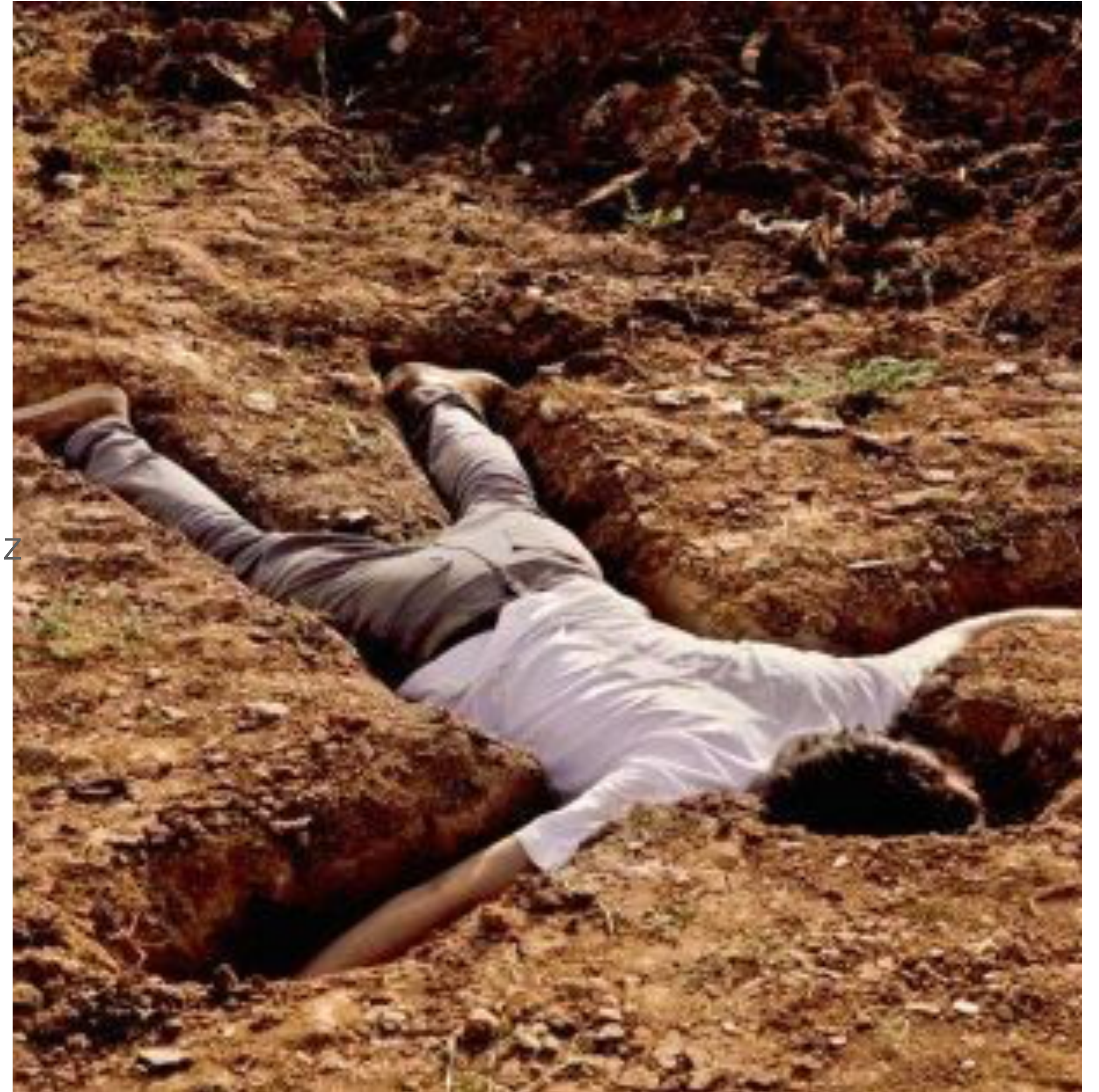
- How To ADHD
<https://youtube.com/@HowtoADHD>
- Dr. Tracey Marks
<https://youtube.com/@DrTraceyMarks>
- ADDitude Magazine
<https://www.additudemag.com/>
- Inflow
<https://www.getinflow.io/>
30% discount use [MACADMINSCONF](#)



(here endeth the orig preso)

burnout signs

- No joy in the work
- Creativity drops
- Very low energy levels
- Perhaps extra jumpy/
anxious



Missed Topics

(or for next time?)

- Emotional Dysregulation
 - **RSD** — Rejection Sensitivity Dysphoria
 - Ex. my Jamf 200/300/400 training mini-meltdowns (also related to hyperfocus, time blindness, etc)
- Hyperfocus
- Sleep Hygiene
- Caffeine
 - Sleep Foundation — “Coffee Nap” / <https://www.sleepfoundation.org/sleep-hygiene/coffee-nap>
 - Caffeine-induced anxiety disorder
- Noise/Sound management: (ex. Loop ear plugs)
- Brain Anatomy (Lite)
- amygdala hijacking

Missed Tools/Resources

(or for next time?)

- <https://goblin.tools/About>
- Inflow blog / <https://www.getinflow.io/blog>
- Dr. Russell A. Barkley – “ADHD is the diabetes of psychology/the brain”
 - Dimensional not Categorical / Disorders begin where impairment or harm begins / No impairment, no disorder / <https://youtu.be/cFECyVzSI6M>
 - ADHD as a Motivation Deficit Disorder / <https://youtu.be/bR3RJU6838>
- YouTube
 - ❤️ [@ADHD_love](#) (especially the shorts demonstrating effective/ineffective communication)
- Some other of my words/experiences/takes ...
 - You need to experience a difference to understand (walk in other shoes)
 - Telescoping + Branching projects that expand out into an ant hive. Exhausting. You real need to be expert in all manner of skills, many of which take significant time. You can't ask for help Because who? (no one at org can or will) and you don't have reason to trust org whos failed you repeatedly before
 - You can't get ideas out/down fast enough before losing thread. Or interrupted. (@ADHD_love's “rage” at hyperfocus interruption)
 - I'll create a “conferences” repo on GitHub at some point and get this and other supporting items up there. (@jps3 there as well)