

# The Reality of Developer Burnout



*Kenneth Reitz*

The background features several stylized, swirling cloud shapes in a light blue-grey color. These clouds are scattered across the upper half of the image, with some appearing as simple outlines and others having more complex, spiral-like internal patterns. The overall aesthetic is clean and modern.

Hi.

@kennethreitz





**Requests**  
*http for humans*



# Requests

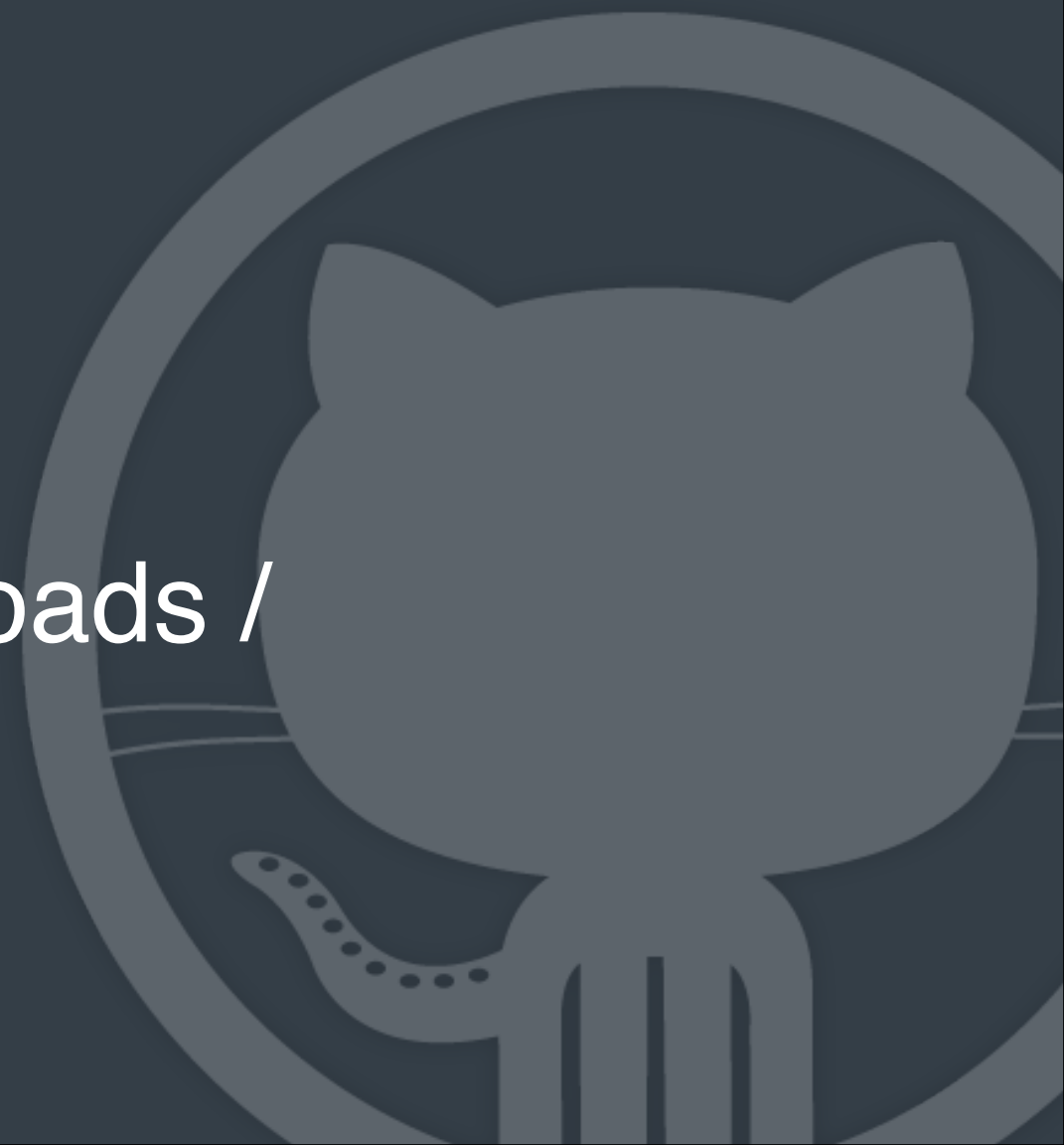
## HTTP for Humans

```
>>> r = requests.get('https://api.github.com/user', auth=('user', 'pass'))
>>> r.status_code
200
>>> r.headers['content-type']
'application/json; charset=utf-8'
>>> r.encoding
'utf-8'
>>> r.text
u'{"type": "User" ...}'
>>> r.json
{u'private_gists': 419, u'total_private_repos': 77, ...}
```



# github.com/**kennethreitz**

- ~20 serious projects.
- 100+ experiments.
- OSX-GCC-Installer: 56TB of downloads.
- Requests: 11+ million downloads / month.







The image features a dark blue background with stylized cloud patterns. A bright blue cloud shape contains the word "salesforce" in white, lowercase, sans-serif font. To its right, the word "heroku" is written in a white, lowercase, sans-serif font. The background includes several faint, light blue cloud outlines and a large, dark blue cloud shape in the bottom right corner.

salesforce heroku

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A decorative frame made of light gray ornate scrollwork and floral motifs surrounds the text. The background is a dark blue-gray color with faint, stylized cloud patterns in a lighter shade of blue.

**Burnout.**



Internal & External





# Depression



You suddenly realize that you've been eating ice cream for three meals every day for years on end. You're tired of it; you don't want to see ice cream any more. People who eat ice cream occasionally won't understand this; how could you possibly want less ice cream?!

— Gary Bernhardt

# Entropy of Goals

Success in Open Source?



## Flask

web development,  
one drop at a time



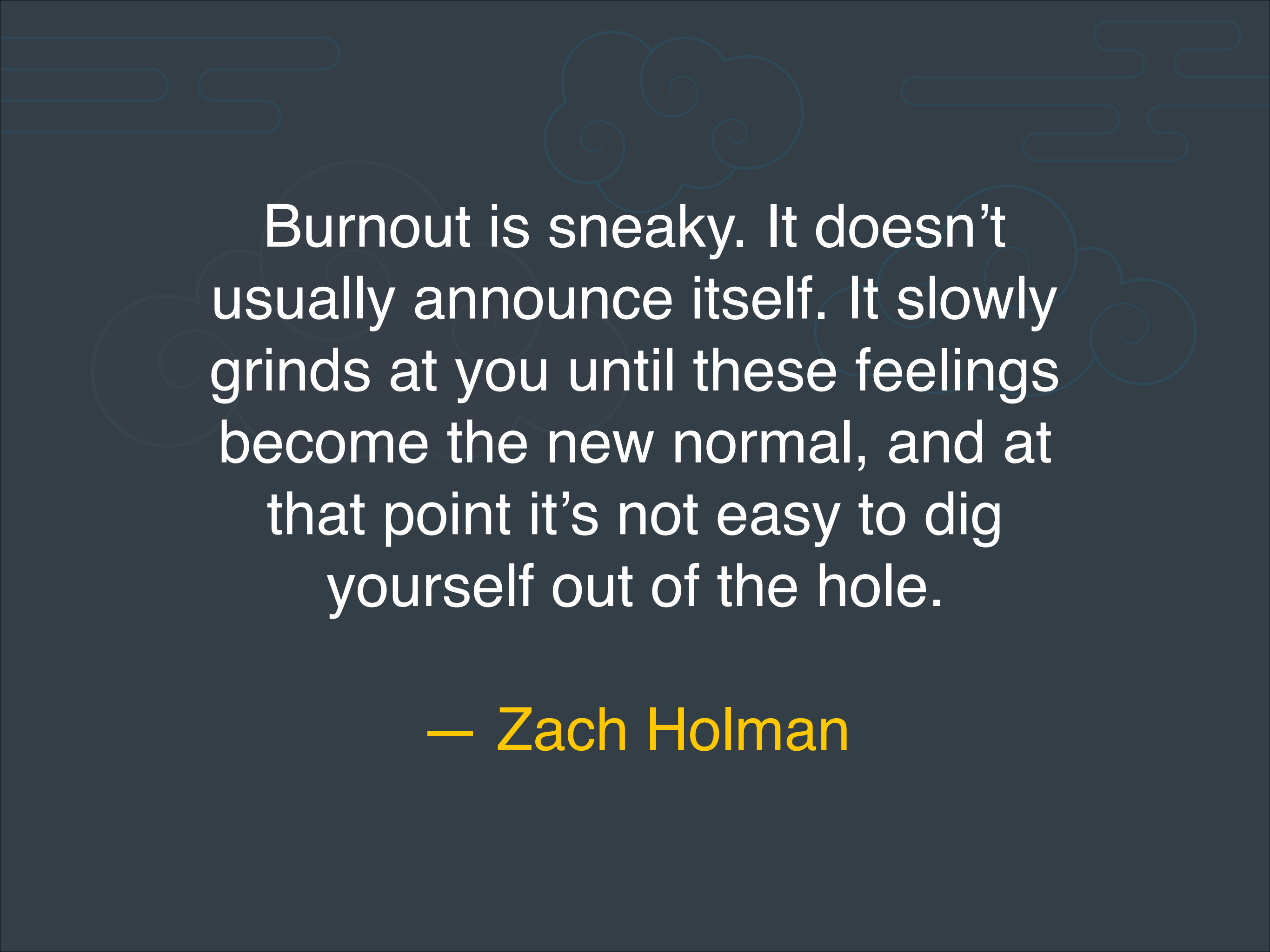
## Requests

*http for humans*

# github.com/**kennethreitz**

- Requests
- OSX-GCC-Installer
- Maya
- Records
- Tablib
- [httpbin.org](http://httpbin.org)
- [SayThanks.io](http://SayThanks.io)
- Python-Guide.org
- 'Import This' Podcast
- Em Keyboard
- Certifi
- Autoev



The background of the slide features several stylized, light blue cloud outlines. These clouds are of various shapes and sizes, some with spiral patterns, and are scattered across the dark blue background. The text is centered and written in a clean, white, sans-serif font.

Burnout is sneaky. It doesn't usually announce itself. It slowly grinds at you until these feelings become the new normal, and at that point it's not easy to dig yourself out of the hole.

— Zach Holman



410 GONE





&



\_why

Mark Pilgrim

A decorative frame with ornate, symmetrical scrollwork and floral motifs in a light gray color, surrounding the central text. The background is a dark blue-gray color with faint, stylized cloud patterns in a lighter shade of blue.

Quit my job?



# Soul Searching





# Key Takeaways

The background features several stylized, swirling cloud shapes in a light blue-grey color, set against a dark blue-grey background. The clouds are positioned in the upper half of the image, with some appearing as horizontal bands and others as more rounded, billowing shapes.

Be Gentle with Yourself.

# Publish-only Mode.

- Unfollowed everyone.
- Kept my ability to influence my community.
- Stopped over-engaging with the community.

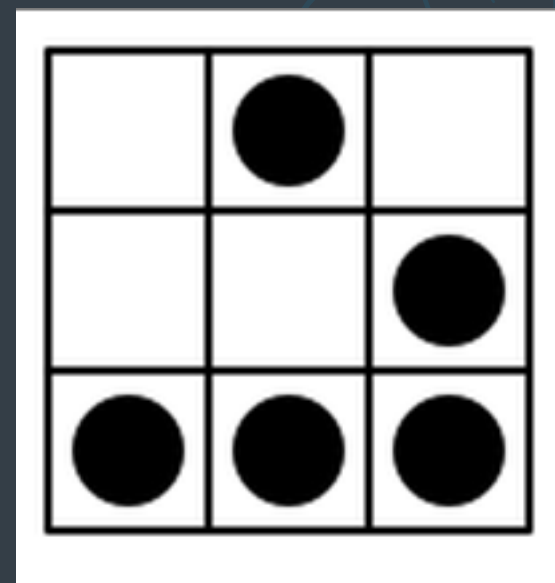
A decorative frame made of light gray, ornate scrollwork and floral motifs surrounds the central text. The frame is symmetrical and features intricate patterns. In the background, there are faint, light blue cloud-like shapes and horizontal lines, adding to the decorative theme.

Delegation.

# Meet My Minions



@lukasaoz



@sigmavirus24

These guys are amazing.

A decorative frame made of light gray, ornate scrollwork and floral patterns surrounds the central text. The background is a dark blue-gray color with faint, stylized cloud patterns in a lighter shade of blue.

**Teamwork!**

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Have other hobbies!

# Other Interests...

- Street Photography
- Synthesizers and Music Production
- Drawing / Arts & Crafts
- Classic Video Games!



The background features several stylized, light blue cloud outlines. Some are simple horizontal strokes, while others have more complex, swirling shapes. They are scattered across the dark blue background.

Pay close attention to  
who you're following.

Be selective.

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Take a break if you need one.

The background features several stylized, swirling cloud shapes in a light blue-grey color, set against a dark grey-blue background. The clouds are of varying sizes and are positioned around the central text.

# Thank you!

*[kennethreitz.org/values](http://kennethreitz.org/values)*

