Don’t wait to ask for help

A personal story of disaster averted
Hero Mode: Activate!
A cry for help

hey guys. I’m experiencing the first stages of burnout.
A quick response!

thanks for reaching out joe - please do keep us updated if you're feeling the stress building
is there any one area in particular that is causing more stress, or just everything combined? want to help out where possible here
let's chat in 1:1

Yeah I think it's mostly I really want to be proud of my work. There isn't enough time in the day to get our systems in the state where they should be. I think this will become a non issue with 1 or 2 extra people

Let's chat face to face sometime this week. I definitely recognize that we are short on resources and I do think the additional headcount we are adding will really help both of you out.
Help comes to those who ask for it.