YOU DON'T HAVE TO BE CRAZY TO WORK HERE

AN HONEST TALK ABOUT MENTAL HEALTH IN CYBERSECURITY
NOT A TRIGGER

It's normal to feel upset, anxious, or extremely uncomfortable when we encounter difficult content. Having a strong reaction is normal & learning to regulate is part of normal emotional development.

TRIGGER

Trauma triggers are different. They often include a loss of a person's sense of time, space, &/or self. Emotion is amplified, or completely muffled, or sometimes seemingly unrelated to a situation. Triggers are like a TRAP DOOR in the brain.
Definitions:

• Mental Health
• Self-care
• Neurodiversity
The Guy Speaking

• He/Him/His
• 26+ Years in IT, cybersecurity, DFIR, & governance
• Current: Global Security Advisor @ Splunk.
• CISO stuff, security leadership, incident response programs, and SOC development
• Leads investigations into hacking, data breaches, trade secret theft, employee malfeasance, and financial fraud.
• Host of the Cyber Security Interviews podcast
• Likes: Cooking, craft cocktails, loud/fast music, & the mountain life (zombies can’t climb mountains)
YOU ARE THE WOLF

You're the person people turn to when things go south. Your level head and ability to fix life's most urgent and complicated problems make you an asset in just about any situation.

WORDS TO LIVE BY:
"If I'm curt with you it's because time is a factor. I think fast; I talk fast and I need you guys to act fast if you wanna get out of this."
"you have anxiety? but you're so confident!"

DO NOT MISTAKE COMPOSURE FOR EASE.
Preventing PTSD and Burnout for Cybersecurity Professionals

The safety of our digital lives is at stake, and we need to all do our part in raising awareness of these issues.

Cybersecurity Mental Health Warning -- 1 In 6 CISOs Now Medicate Or Use Alcohol
security folk to drink

Self-medicating with booze is no answer, hackers warned at conference

Wed 8 Aug 2018 // 23:27 UTC

lain Thomson in San Francisco  BIO  EMAIL  TWITTER

Black Hat In a personal and powerful presentation, a computer security veteran has warned that too many infosec bods are fighting a losing battle with the bottle.

Jamie Tomaselio, senior manager of security operations at Duo Security, has 17 years of experience in the industry, and has been sober for the past six. While the causes of alcoholism are down to many factors, including genetics, practices within the security industry make it a lot harder to deal with dangerous levels of addiction, and it stops people from speaking out.

“Even after 17 years, I’m more afraid of disclosing I’m a recovering
CORONAVIRUS

Coronavirus has caused significant mental health strain in Colorado — for some more than others

A new survey from the Colorado Health Foundation shows sharp divisions based on race, income and political affiliation

SEP 9, 2020 8:00AM MDT

John Ingold @johningold

The Colorado Sun — johningold@coloradosun.com

See more
Wave of suicides in northwest Colorado part of “toxic stress” from coronavirus, experts say

Nine people have died by suicide so far this year, five in the past month in a region that has been fighting to expand mental health care and break down stigma around treatment

SEP 23, 2020 4:00AM MDT

Jennifer Brown @jenbrowncolo

The Colorado Sun — 303-589-0175 jennifer@coloradosun.com
See more
'Not everything that is faced can be changed, but nothing can be changed until it is faced.'

—James Baldwin—
7. You’re avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.

8. You can’t hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.

9. You’re at a critical point. You aren’t functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.

10. The worst mental and emotional distress possible. You can no longer care for yourself. You can’t imagine things getting any worse. Contact a crisis line immediately.
The gray drizzle of horror induced by depression takes on the quality of physical pain. But it is not an immediately identifiable pain, like that of a broken limb. It may be more accurate to say that despair, owing to some evil trick played upon the sick brain by the inhabiting psyche, comes to resemble the diabolical discomfort of being imprisoned in a fiercely overheated room. And because no breeze stirs this caldron, because there is no escape from this smothering confinement, it is entirely natural that the victim begins to think ceaselessly of oblivion.
WHERE DO WE GO FROM HERE?

REMOVE THE STIGMA:
HEALTH IS HEALTH
PAIN IS INEVITABLE
SUFFERING IS OPTIONAL.
<table>
<thead>
<tr>
<th>Real Self Care</th>
<th>Fake Self Care</th>
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<tr>
<td>• Fueling your body with food that gives you energy and helps you improve</td>
<td>• Dieting</td>
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<tr>
<td>mentally and physically.</td>
<td>• Alcohol or drugs</td>
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<td>• Drinking water</td>
<td>• Talking shit to yourself to “motivate” you</td>
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<td>• Being kind to yourself</td>
<td>• Saying yes to everyone because you’re a “nice person.”</td>
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<td>• Setting boundaries</td>
<td>• Socializing because of FOMO</td>
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<td>• Spending time with people that enrich your life</td>
<td>• Buying anything that promises to make you love yourself more.</td>
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<tr>
<td>• Treating yourself to something new because you love yourself.</td>
<td>• Working out as punishment or attending a class that shames your eating habits/</td>
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<tr>
<td>• Moving your body because you can.</td>
<td>appearance.</td>
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MYTHS ABOUT SELF-CARE

- Self-care is an indulgence
  Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.

- Self-care is selfish
  When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.

- Self-care is a one-time experience
  Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.

- Self-care is time consuming
  Self-care does not require you to take out a huge chunk of time from your busy day.
Is it worth it?
Let me work it.
I put my thing
down, flip it and
reverse it.

- Workspace vs living space
- Boundaries
- Take ALL your PTO each year
- Healthier activities with customers and co-workers
- More than lip service = Change happens with intent
“EVERYONE YOU MEET IS FIGHTING A BATTLE YOU KNOW NOTHING ABOUT. BE KIND. ALWAYS.”

- Robin Williams
CHOOSE TO MAKE TIME FOR YOUR WELLNESS

OR

YOU WILL BE FORCED TO MAKE TIME FOR YOUR ILLNESS

#MENTALHEALTH

#SELF-CARE