

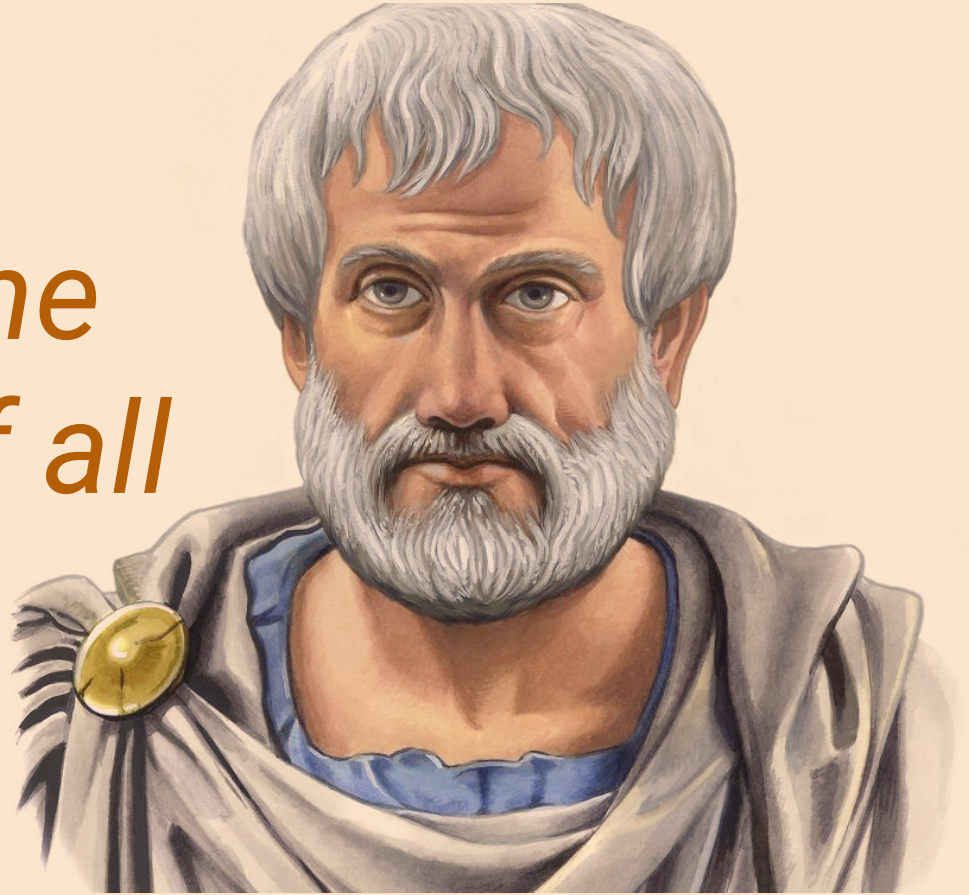
The background of the slide features a stylized illustration. In the foreground and middle ground, several zombie silhouettes are depicted against a bright orange and yellow sunset sky. The zombies have pale, featureless faces and are in various poses, some with arms outstretched. In the background, a city skyline is visible with various building silhouettes, including a prominent skyscraper on the left. The overall color palette is dominated by warm, orange-toned hues.

# Surviving the Zombie Apocalypse

or “How to flourish in a career in computers”

Andy Walker (Skyscanner)

*“Knowing  
yourself is the  
beginning of all  
wisdom”*



Aristotle



vs

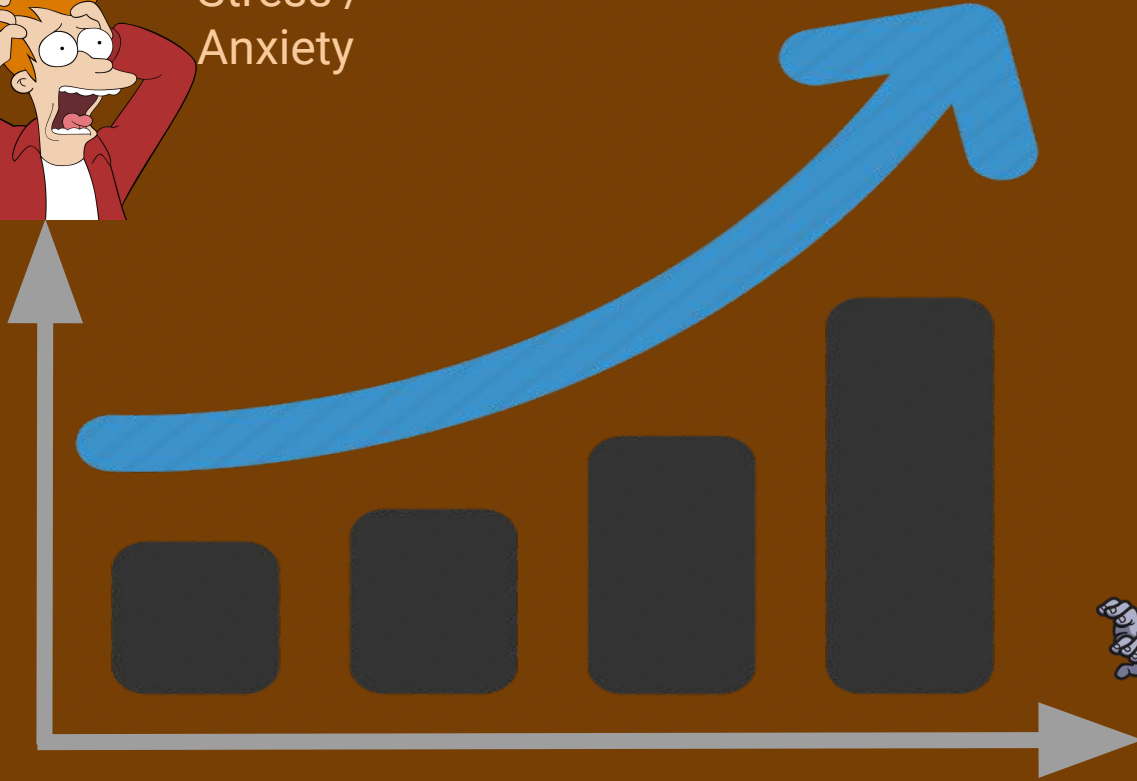


# Understanding stress



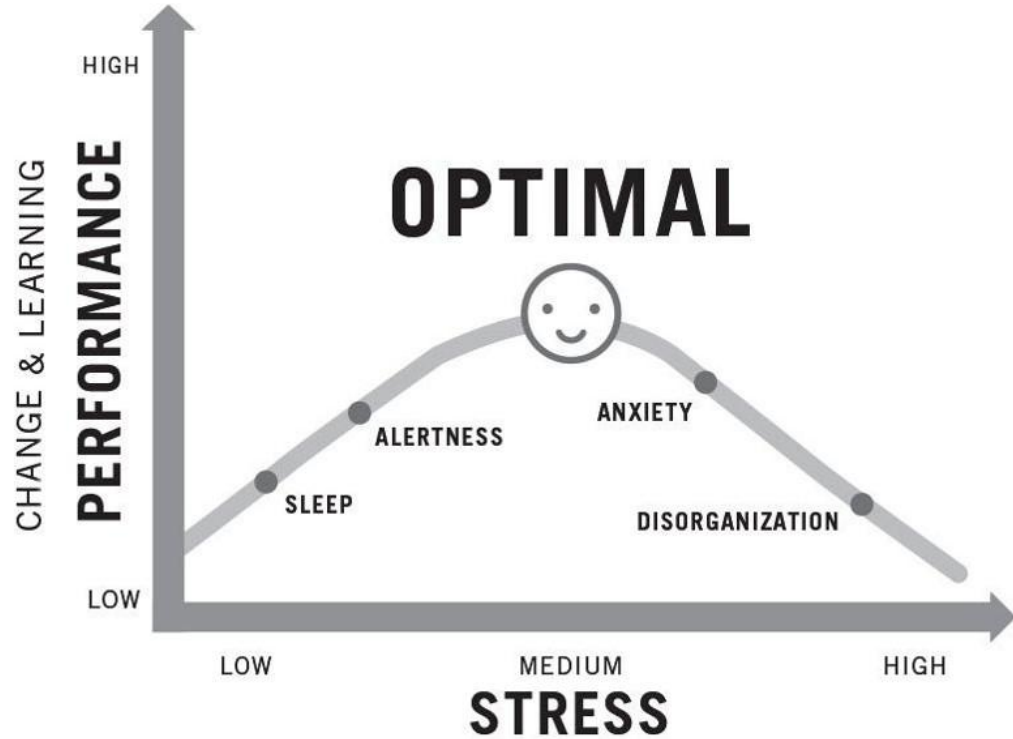


Stress /  
Anxiety



Scope (aka  
number of  
zombies)

# Zombies Scope vs Stress



## Excess Stress

- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment

# Stress and you



**Ever experienced any of the following?**

Production just broke

You missed your release date

Your annual performance review

Your boss is getting divorced

You have to fill in a status update. TODAY

# Predictability and Consistency



# Lessons from JAWS



Transparency



# Basics of self care

Sleep  
Diet  
Exercise





TL:DR  
Sleep makes  
your world a  
better place

Sleep



TL:DR  
Not a coping  
strategy

Diet



TL:DR  
Exercise makes  
you happy and  
improves brain  
function

Exercise

# The importance of focus

~~Food~~  
HUMANS



- Find weapon
- Find vehicle
- Find food
- Find crowbar
- Find medicines
- Find secure hideout
- Find water purifier
- Find toilet paper
- Find rope
- Find more weapons
- Find binoculars
- Find matches/flint/tinder
- Find radio transmitter/receiver
- Find batteries / power
- Locate other survivors
- Attempt to cure zombie plague

...



Find humans  
Eat brainz

ZOMBIES

Wildly important goal

Important goals

Backlog

Find food and water

Find shelter

Find weapons

Transportation

Medical supplies

Find other survivors

...

...

Rebuild humanity

# Prioritisation

Assume zero cost to context switch

## Multitasking

Task1	Task2	Task1	Task2	Task1	Task2	Task1	Task2	Task1	Task2
Task1	Task1	Task1	Task1	Task1	Task2	Task2	Task2	Task2	Task2

## Single Tasking

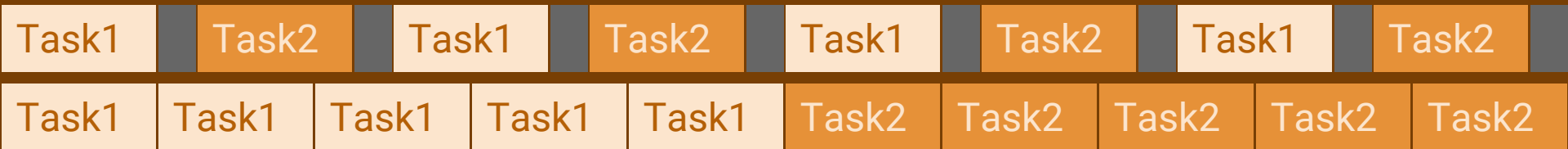
Single tasking still delivers value faster

# Context Switching



When context switching isn't free

## Multitasking



## Single Tasking

Human context switch cost: ~20 minutes

# Context Switching



**A: Always**

**B: Be**

**C: Coding**

Minimise interruptions

- Meetings
- Slack
- Email
- Social media

Get into flow

# Context Switching - Individuals



Interrupt less

Keep time free to

- Contextualise
- Be available
- Think

Be present

# Context Switching - Managers



Context Switching - Your Phone



Focus is looking forwards

# Finally

Whilst you have almost no chance of surviving the zombie apocalypse...

Take care of yourself

Manage your stress

Focus on what's important

Thank you!  
&  
Questions

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