

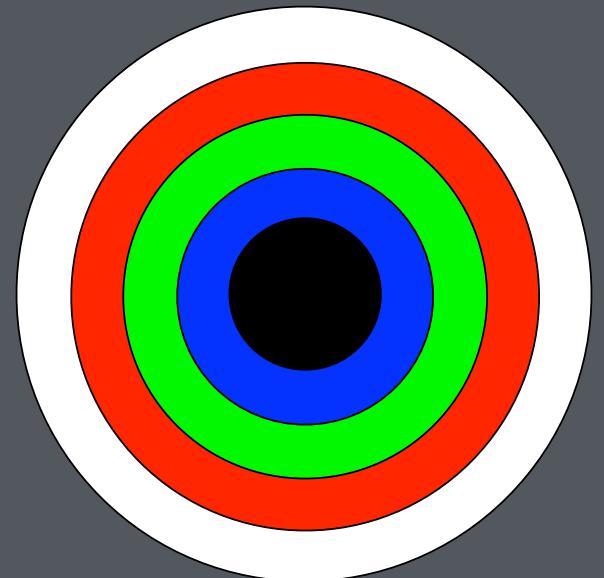
HEALTHY MINDS IN A HEALTHY COMMUNITY

(PRE-TITLE SLIDE)

R

G

Hello there, 16:9



I'm a test slide to make sure everything renders well.
Nothing to see here.

B

Y

HEALTHY MINDS IN A HEALTHY COMMUNITY

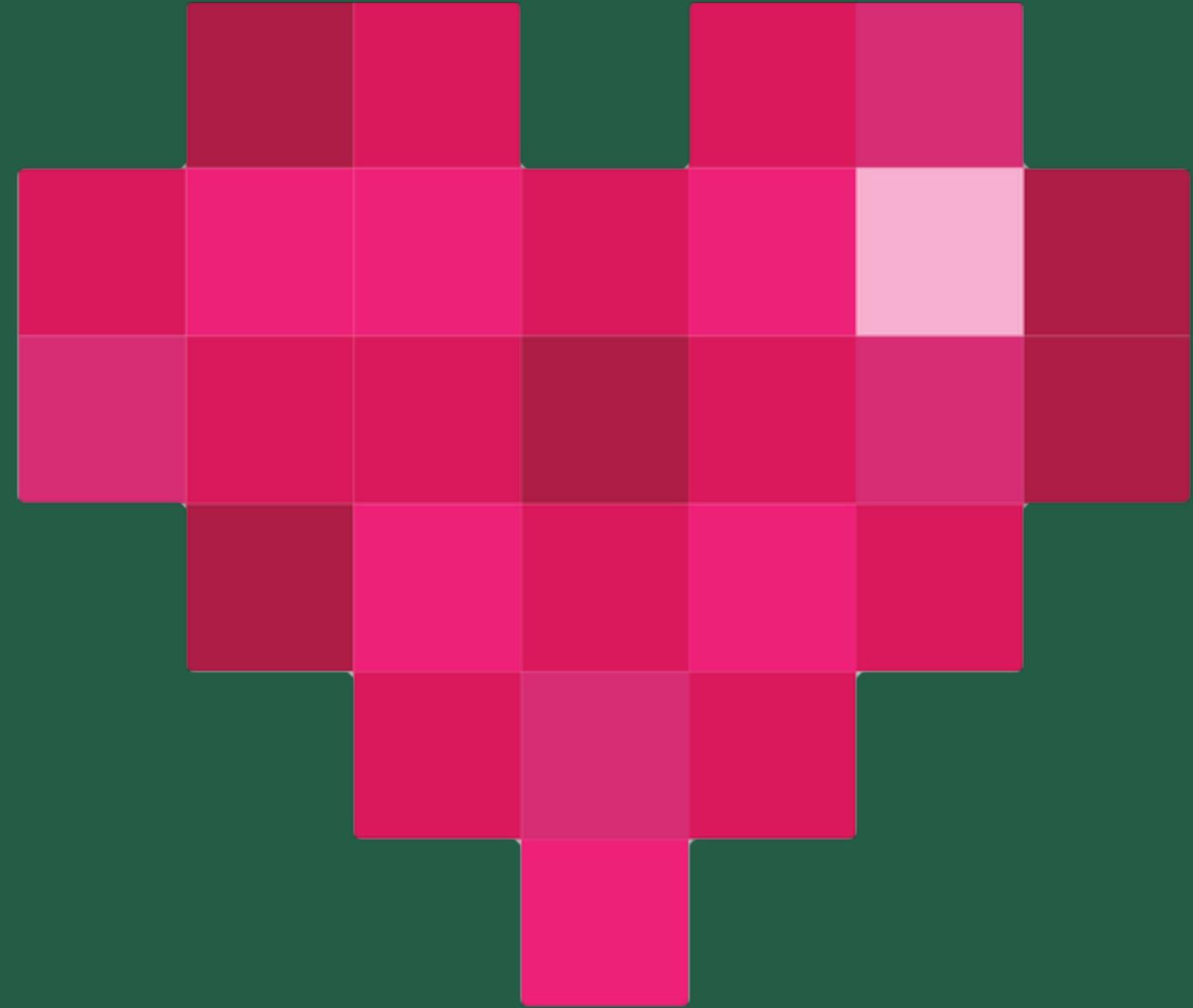
SASHA ROMIJN @MXSASH

CW: INCLUDES MENTIONS OF MENTAL HEALTH ISSUES. SELF-HARM

SASHA ROMIJN @MXSASH
SHE/HER

MIKEY ARIEL @THATDOCSLADY





CODE OF KINDNESS

A large group of people, mostly young women, are cheering with green pom-poms. They are wearing various casual clothing like t-shirts, jeans, and tank tops. The background is slightly blurred, focusing on the crowd's energy.

NONE OF US ARE
ALONE

All these people really seem to have it together,
and I still have no idea what's going on.



1 IN 4
EXPERIENCE MENTAL
ILLNESS IN THEIR LIFETIME

7000%

REGULARLY EXPERIENCES PHYSICAL
SYMPTOMS DUE TO STRESS

I'M FINE. I'M
JUST TIRED...

THERE ARE OTHER PEOPLE IN THIS ROOM
WITH SIMILAR STRUGGLES.

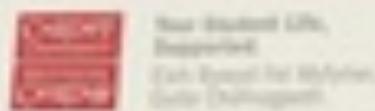
1 IN 10

DJANGOCON EUROPE 2015
ATTENDEES SPOKE TO A COUNSELOR



THURSDAY

11:30



Counselling, Health & Wellbeing
Services, Healthy & Safe

“IT'S BEEN A RELIEF TO FINALLY SAY THESE THINGS TO SOMEONE AND HAVE ACKNOWLEDGMENT OF THE PROBLEM.”

“I FOUND IT USEFUL AND RELAXED AND FEEL LIKE I AM NOT CRAZY OR ALONE. THIS IS NORMAL!”

WE'RE NOT MENTAL HEALTH PROFESSIONALS
BUT WE CAN MAKE A DIFFERENCE

A large group of people, mostly young women, are cheering with green pom-poms. They are wearing various casual clothing like t-shirts and jeans. The background is slightly blurred, focusing on the crowd's energy.

NONE OF US ARE
ALONE

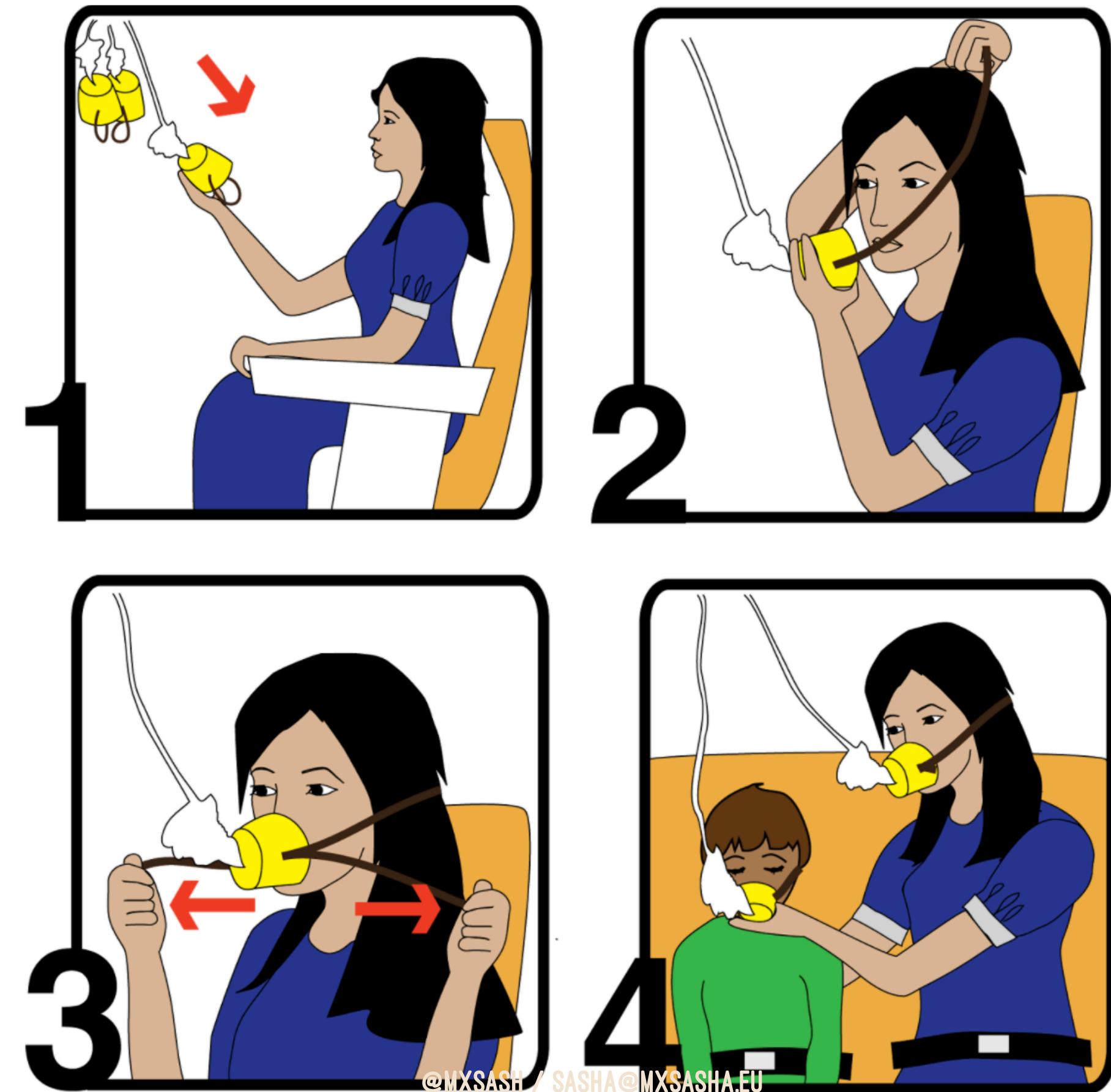


HELP YOURSELF . . .

... BEFORE YOU
HELP OTHERS

A photograph showing a close-up of a person's hands reaching upwards. The hands are positioned as if they are trying to touch the sky or are in a gesture of hope. The background is a bright, slightly overexposed sky with wispy white clouds and a hint of green landscape at the bottom.

WHEN BEING HELPFUL
DOESN'T HELP YOU



IT'S OK TO SAY NO
* AND IT'S EVEN OK TO SAY NO MORE

SUSTAINABLE
OPEN-SOURCE(ER)

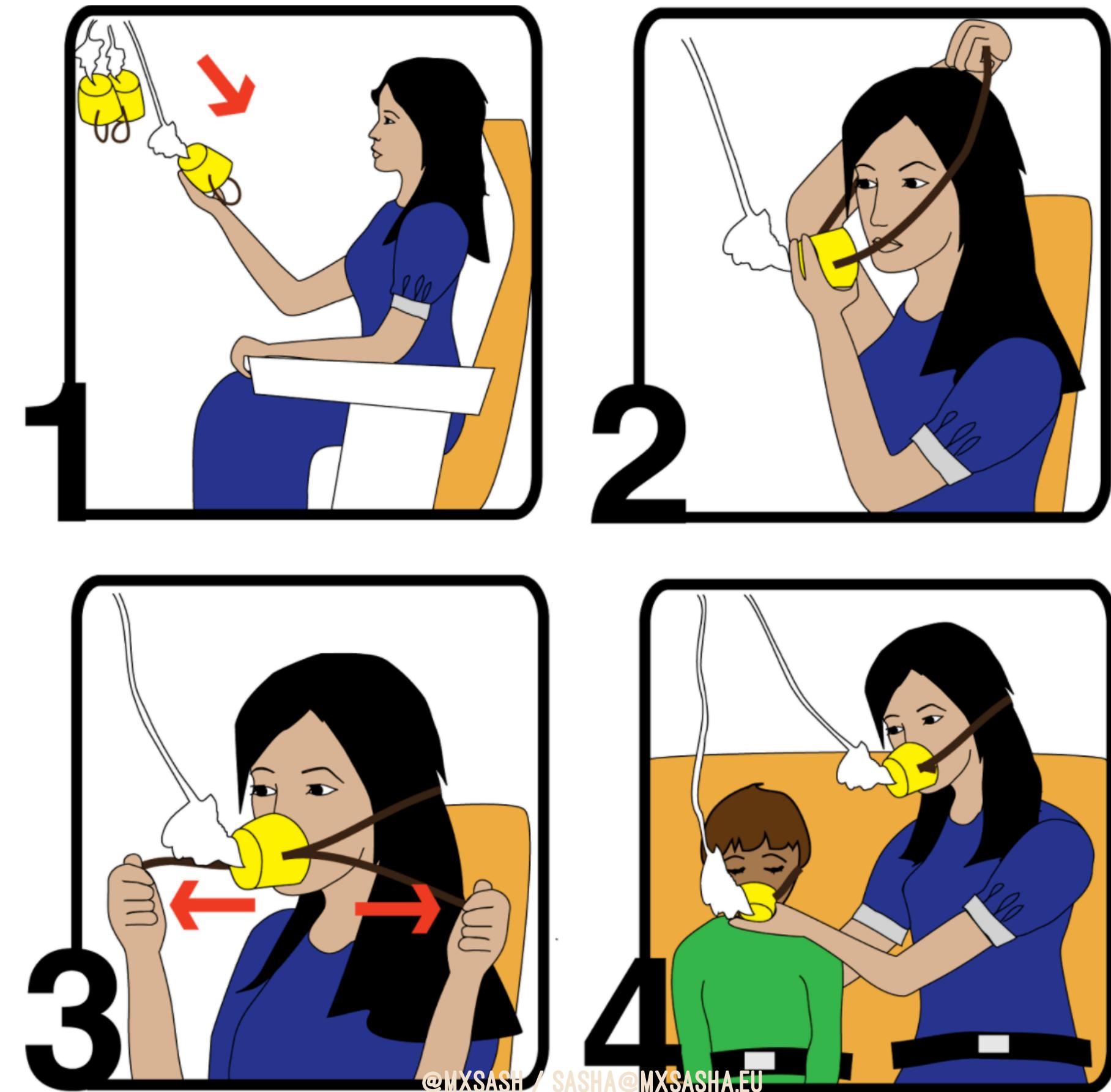


CHRONIC
THE PERILS OF OVERTHINKING

WHAT YOU DO ≠ WHO YOU ARE

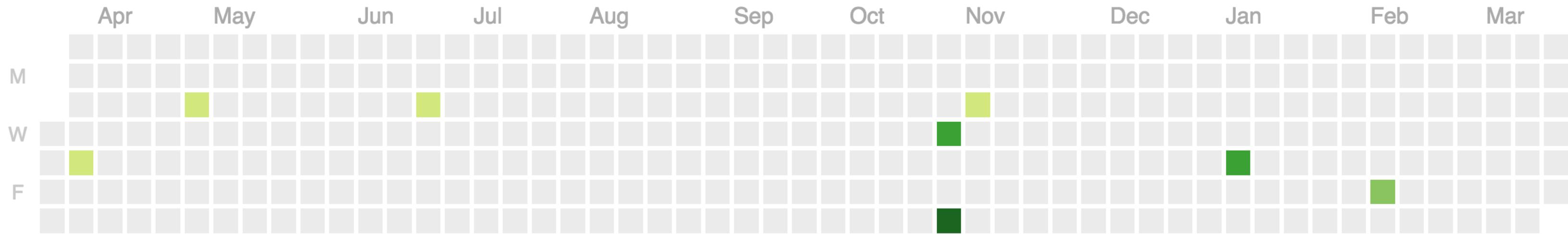
SUFFERING
THROUGH OUR WORK
SERVES NOBODY

THE FEAR OF THE UNKNOWN



THIS MIGHT SOUND EASY
BUT MANY THINGS PUSH US TOWARDS
OVERCOMMITMENT

Public contributions



Summary of pull requests, issues opened, and commits. [Learn how we count contributions.](#)

Less More

Contributions in the last year

17 total

Mar 25, 2015 – Mar 25, 2016

Longest streak

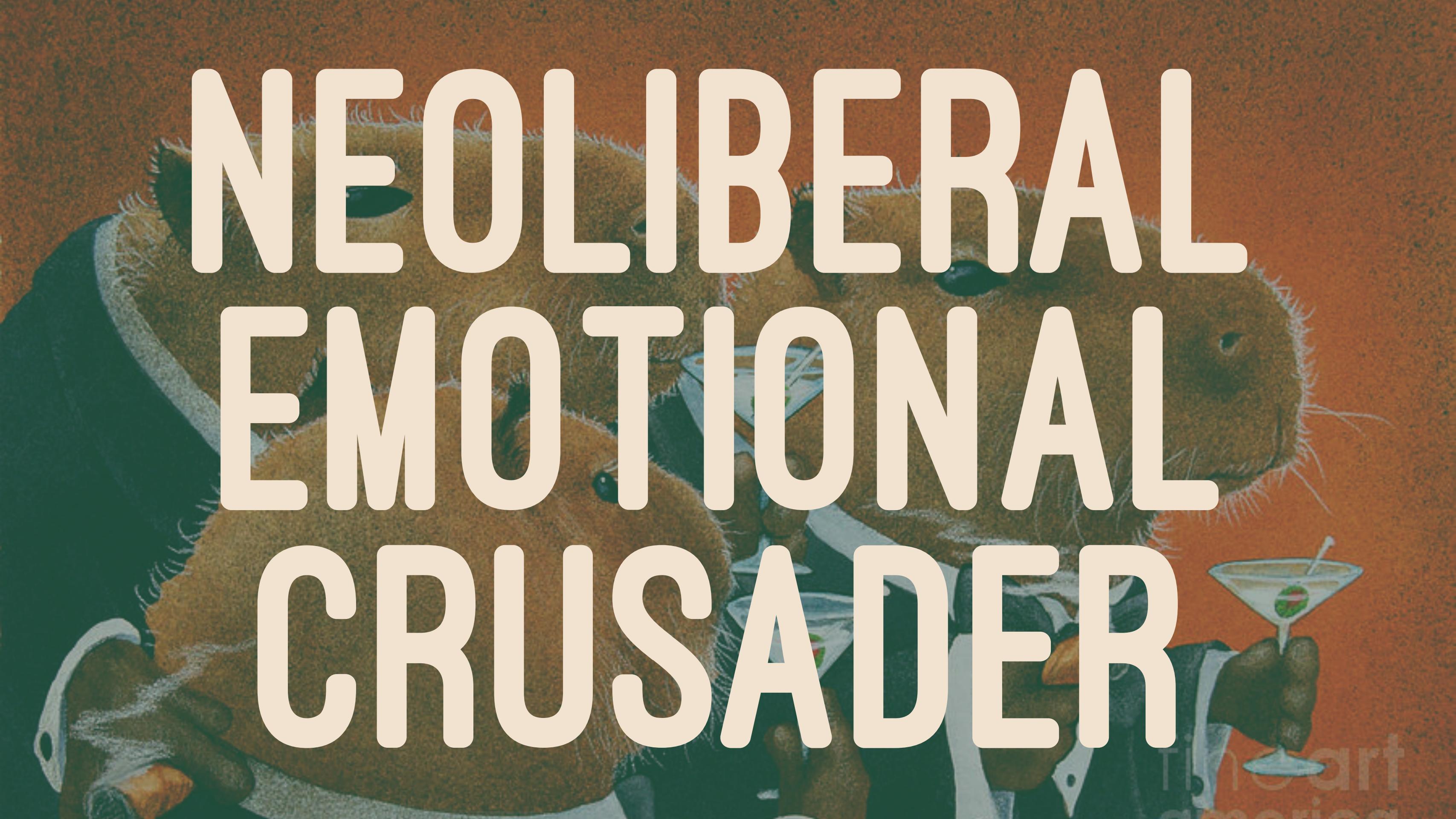
1 day

April 2 – April 2

Current streak

0 days

Last contributed a month ago



NEOLIBERAL,
EMOTIONAL
CRUSADER

IT'S OK TO ASK
FOR HELP



@MXSASH / SASHA@MXSASHA.EU



Mx. 🦔🦄🏳️
@erikpub



With **#duth** done, a new project starts...

 erikr / **drunken-octo-lama** PRIVATE

7:08 PM - 8 Nov 2015

ASKING FOR HELP IS NOT
THE SAME AS FAILING

(I KNOW OSTRICHES DON'T DO THIS)



'BUT IT DOESN'T
MAKE ANY SENSE.'



OTHERS DO NOT KNOW
WHAT YOU NEED
IF YOU DO NOT ASK

I KNOW THAT VULNERABILITY IS KIND OF THE CORE OF SHAME
AND FEAR AND OUR STRUGGLE FOR WORTHINESS. BUT IT APPEARS
THAT IT'S ALSO THE BIRTHPLACE OF JOY, OF CREATIVITY, OF
BELONGING, OF LOVE.

- BRENE BROWN, THE POWER OF VULNERABILITY

IT'S NOT OK FOR SOMEONE TO MAKE
FUN OF YOU OR RIDICULE YOU WHEN
YOU ASK FOR HELP

IT'S OK TO ASK FOR HELP
BECAUSE WE ARE A
COMMUNITY



WE ARE MORE LOVED
THAN WE THINK



I FEEL TOTALLY OVERWHELMED. SURPRISED AND VERY. VERY
GRATEFUL. THANK YOU FOR CARING. YOU ARE UNBELIEVABLE. YOU
ARE A BUNCH OF CRAZIEST. THE MOST POSITIVE PEOPLE I'VE MET.
YOU INSPIRE ME TO GIVE BACK TO COMMUNITY EVEN MORE. I WISH
I COULD EXPRESS PROPERLY WHAT I'M FEELING RIGHT NOW...

MAY IT ALWAYS RAIN STROOPWAFELS ON YOU. BUT NOT ALL THE TIME. THAT COULD BE INCONVENIENT. ONLY WHEN YOU FEEL LIKE HAVING STROOPWAFELS. OR SOMEONE THAT YOU LIKE FEELS LIKE HAVING STROOPWAFELS. OR YOU JUST WANT TO MAKE IT RAIN STROOPWAFELS.

SENDING HUGS. YOU CRAZY. AMAZING PEOPLE!

WE ARE LOVED EVEN WHEN WE
NEED HELP OR NEED TO STEP BACK

HOW PEOPLE ARE ON THE INTERNET



Happiness
packets

Happiness
packets

HAPPINESSPACKETS.IO
@HAPPINESSPACKET



Lacey

@laceynwilliams



 Follow

✉️ Speaking from experience, receiving a
[@happinesspacket](#) is an amazingly fuzzy feeling.
Go send one and make someone's day. ☀️



Ola Sitarska
@olasitarska



 Follow

So [@DjangoConEurope](#) received a
[@happinesspacket](#) and I teared up on a bus
stop while reading it 😊 [#djangoconlove](#)



YAY!

WE MADE IT!



Yayfrens Bot

@yayfrens

Following



You're kind to your friends when they get frustrated and sad. Please be nice to yourself too.



Yayfrens Bot

@yayfrens

Following

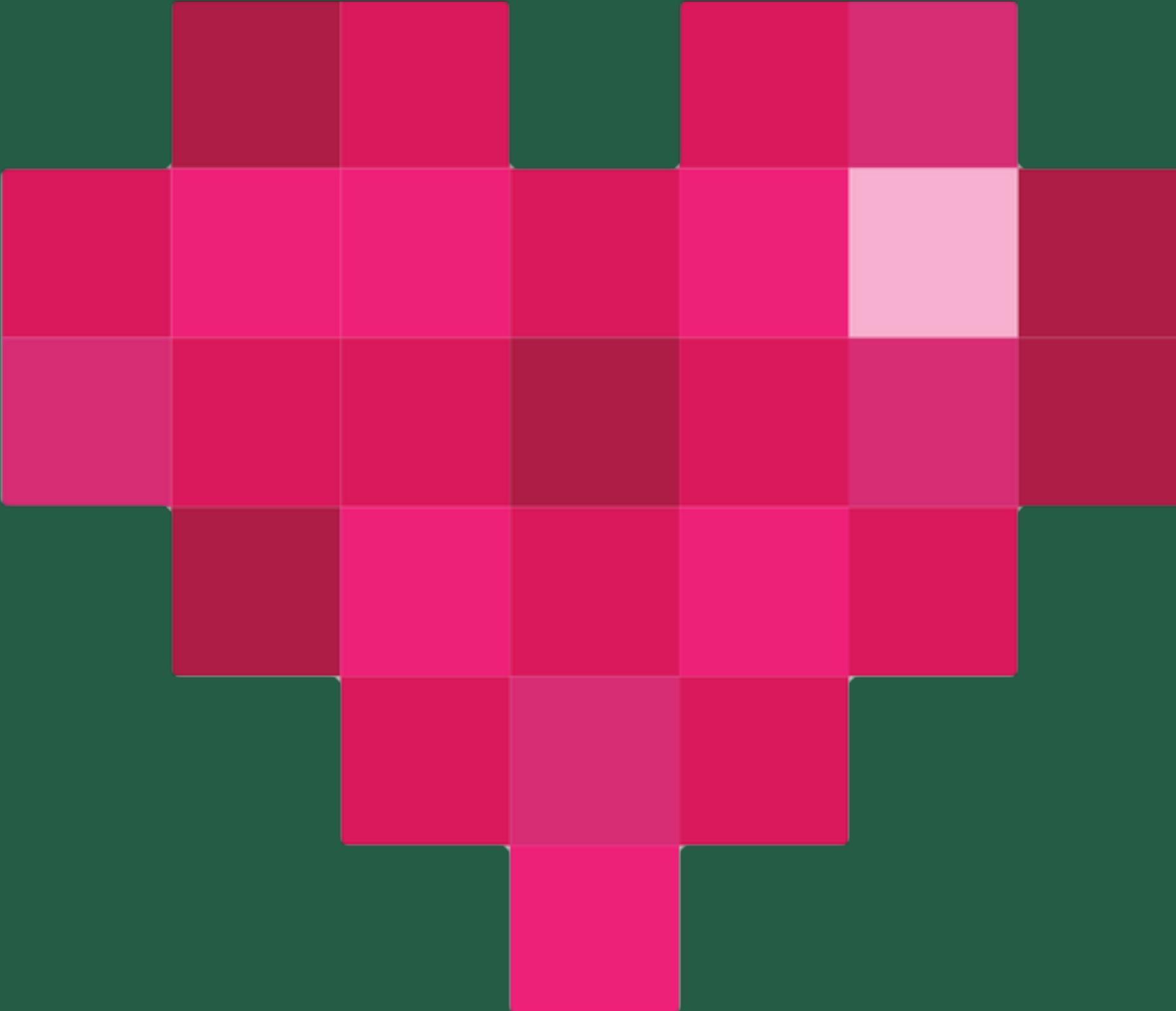


You do not owe it to anyone to look a particular way.

HAPPINESS PACKETS
WWW.HAPPINESSPACKETS.IO
@HAPPINESSPACKET*

* @HAPPINESSPACKETS WAS TOO LONG FOR A TWITTER USERNAME 😞

GITHUB.COM / MXSASHA / WELL-BEING



@MXSASH / SASHA@MXSASHA.EU

THANK YOU!

SASHA ROMIJN **@MXSASH**
(SHE/HER)

@HAPPINESSPACKET
SASHA@MXSASHA.EU