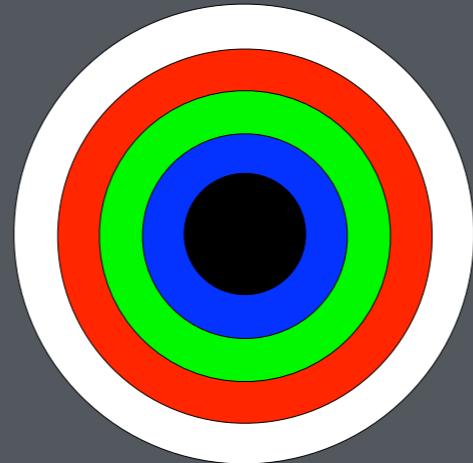


R

G

Hello there, 4:3



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

B

Y

HEALTHY MINDS in a HEALTHY COMMUNITY

ERIK ROMIJN @ERIKPUB

Write the Docs, September 2016

GAY RIGHTS
DEMONSTRATIONS
July 4, 1965-1969
Annual public demonstrations for gay and
lesbian equality were held at Independence
Hall. These peaceful protests were the precursors to the Stonewall riots in 1969.
First Pride Parade in 1970.
Transgender movement, small
national campaign for small
civil rights movement.

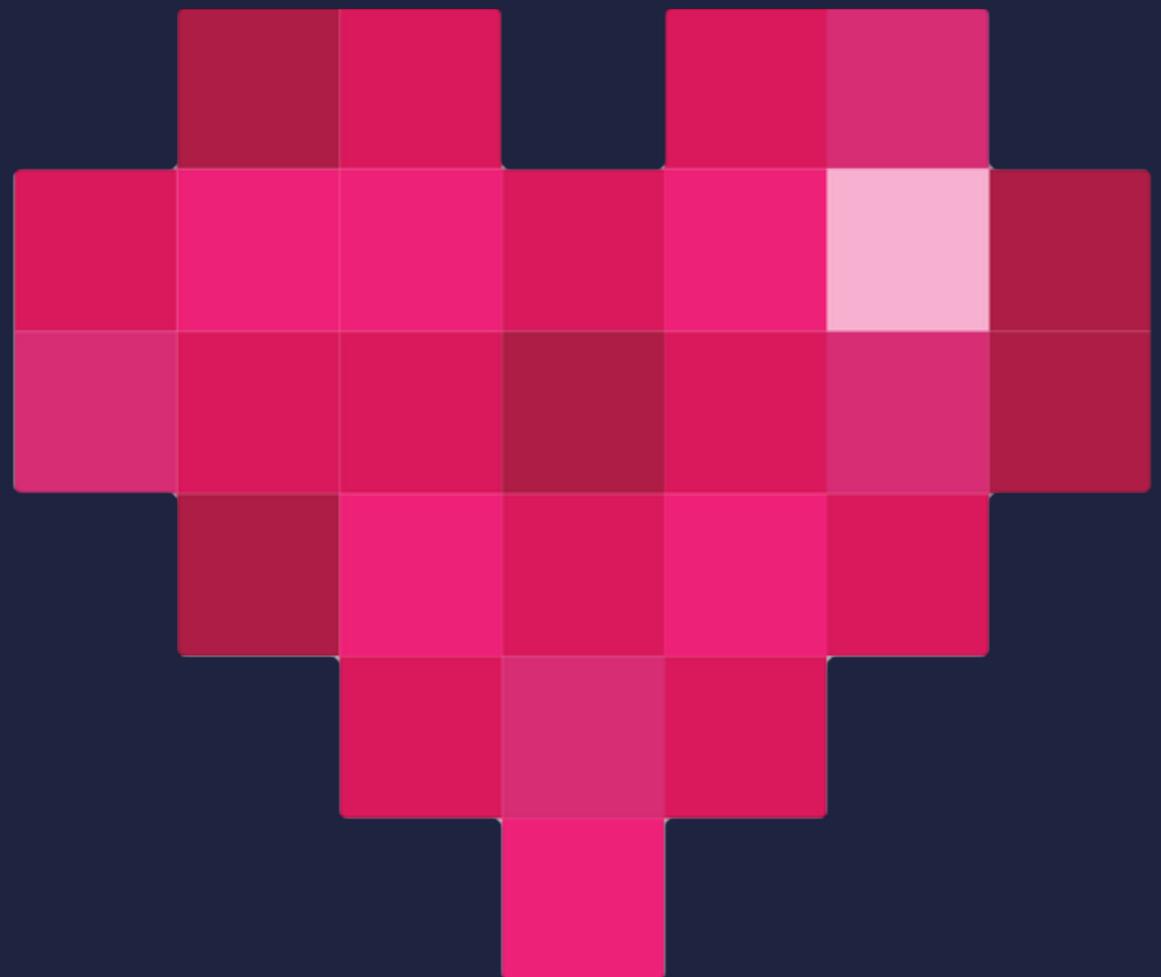


WHO AM I?

ERIK ROMIJN @ERIKPUB

MIKEY ARIEL @THATDOCSSLADY





CODE OF KINDNESS

A photograph of a diverse group of women of various ages and ethnicities, all smiling and cheering. Many are holding up large green pom-poms. They are wearing casual clothing like t-shirts and dresses, and some have lanyards around their necks. The background is slightly blurred, showing more people in what appears to be a conference or event setting.

NONE OF US ARE
QUEERO

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**

70%

REGULARLY EXPERIENCES
PHYSICAL

'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



"It's been a relief to finally say these things to someone and have acknowledgement 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 photograph of a diverse group of women of various ages and ethnicities, all smiling and cheering. Many are holding up large green pom-poms. They are wearing casual clothing like t-shirts, jeans, and dresses. Some have lanyards around their necks. The background is slightly blurred, showing more people and what might be a stage or a hallway.

NONE OF US ARE
QUEERO

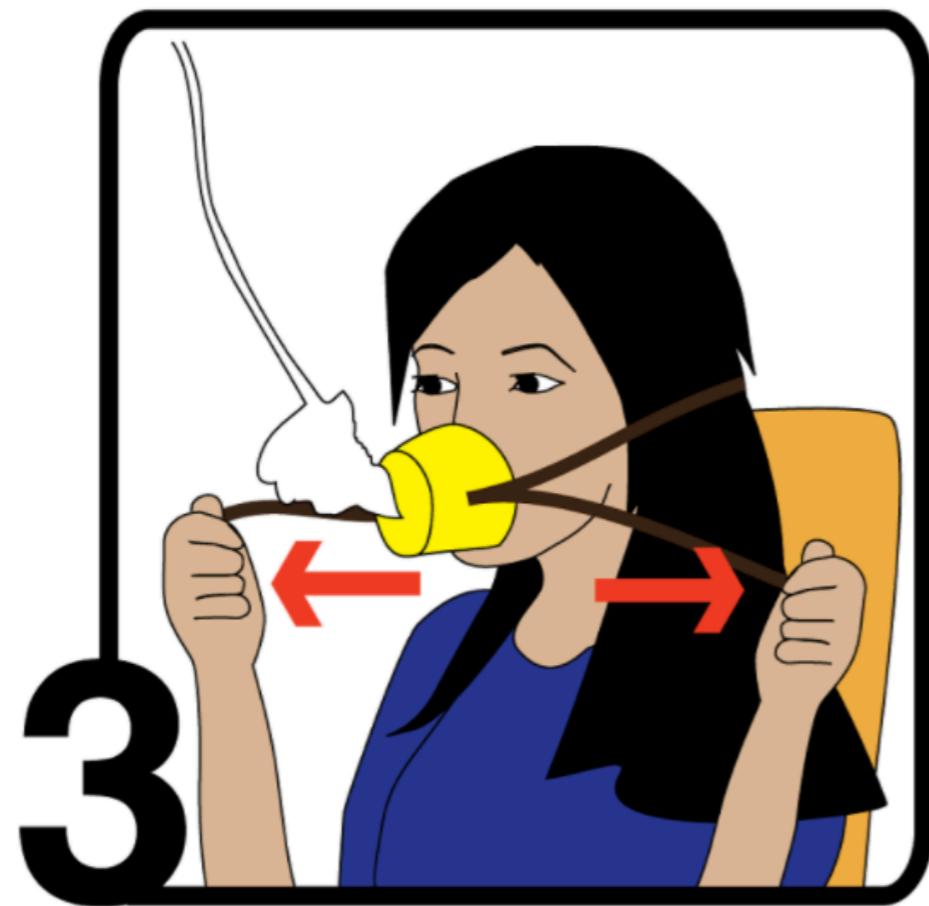
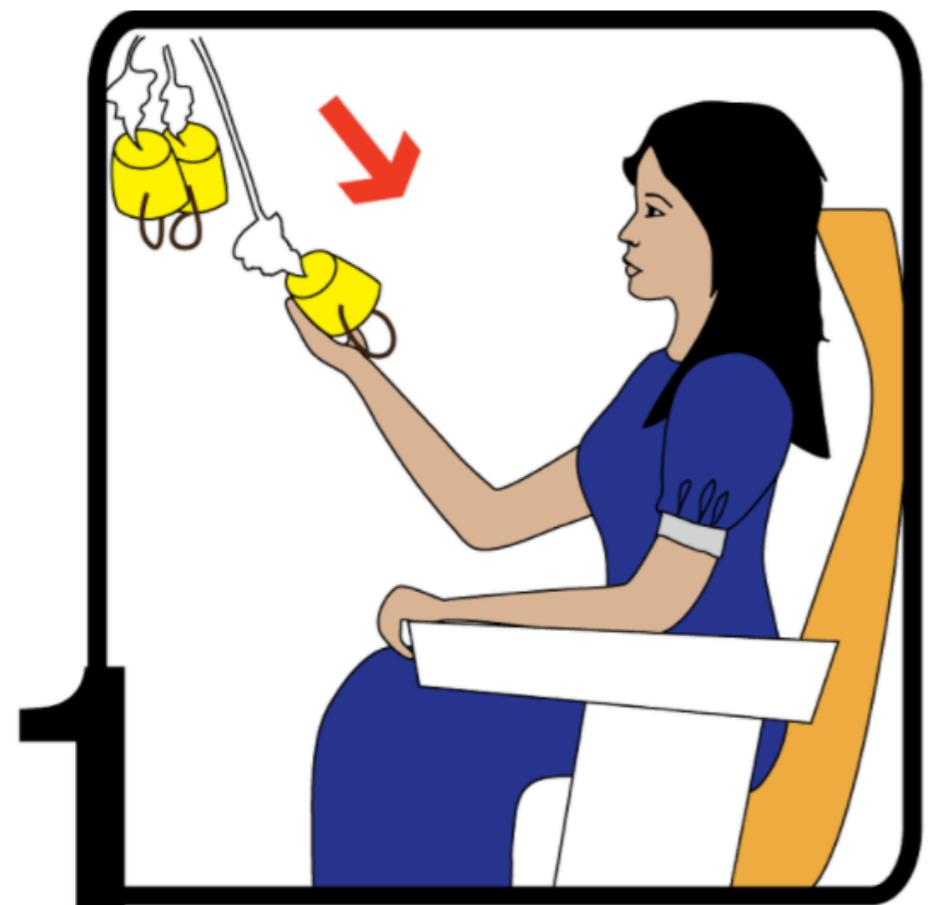


HELP yourself... ■■■

... before you
HELP others



WHEN BEING *helpful*
DOESN'T HELP *you*



IT'S OK TO SAY *no*
*** AND IT'S EVEN OK TO SAY *no***

SUSTAINABLE OPEN-SOURCE(RER)

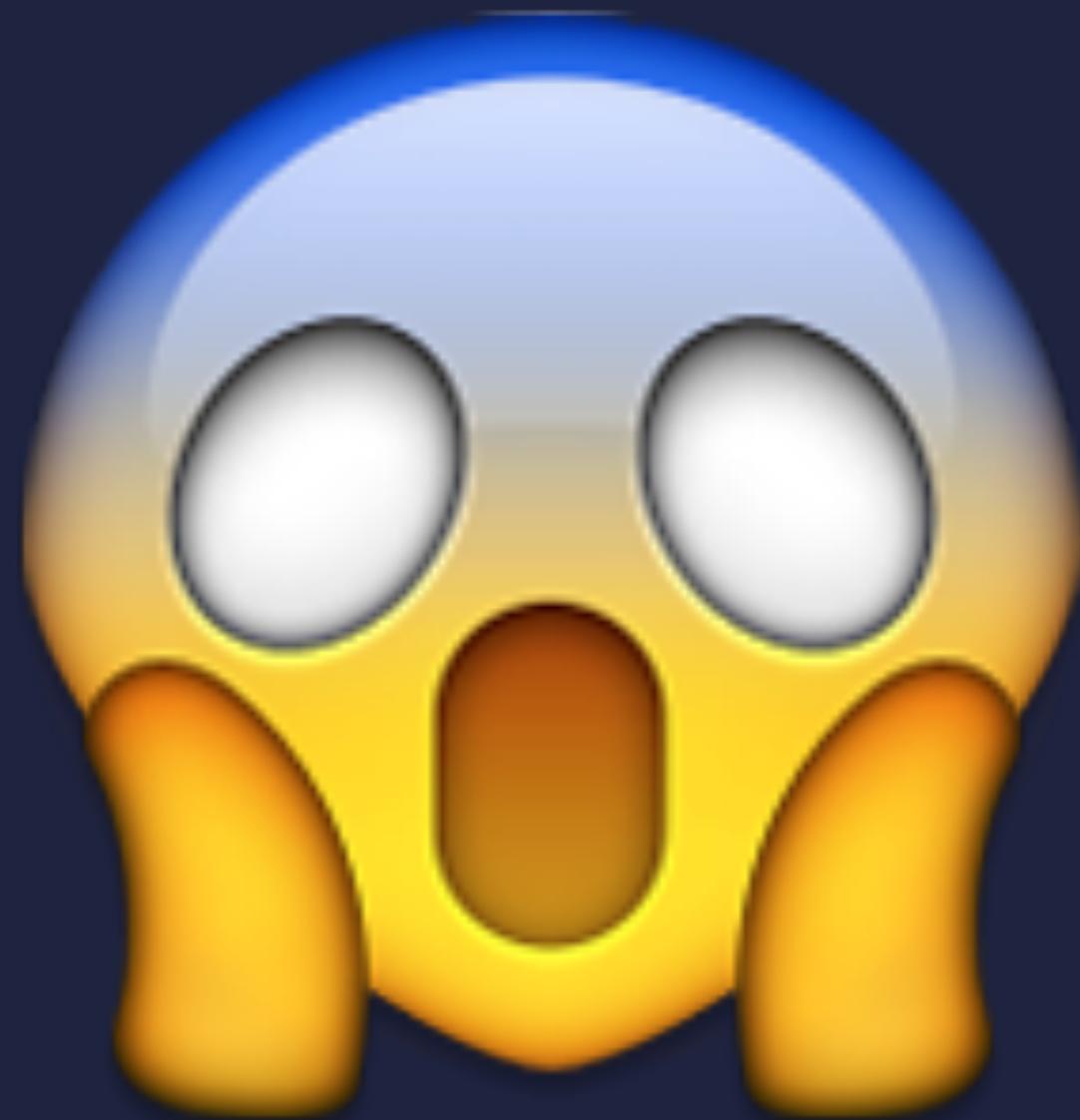


CHRONIC
THE PERILS OF OVERTHINKING

WHAT YOU DO ≠ WHO YOU ARE

Suffering
THROUGH OUR WORK
SERVES *nobody*

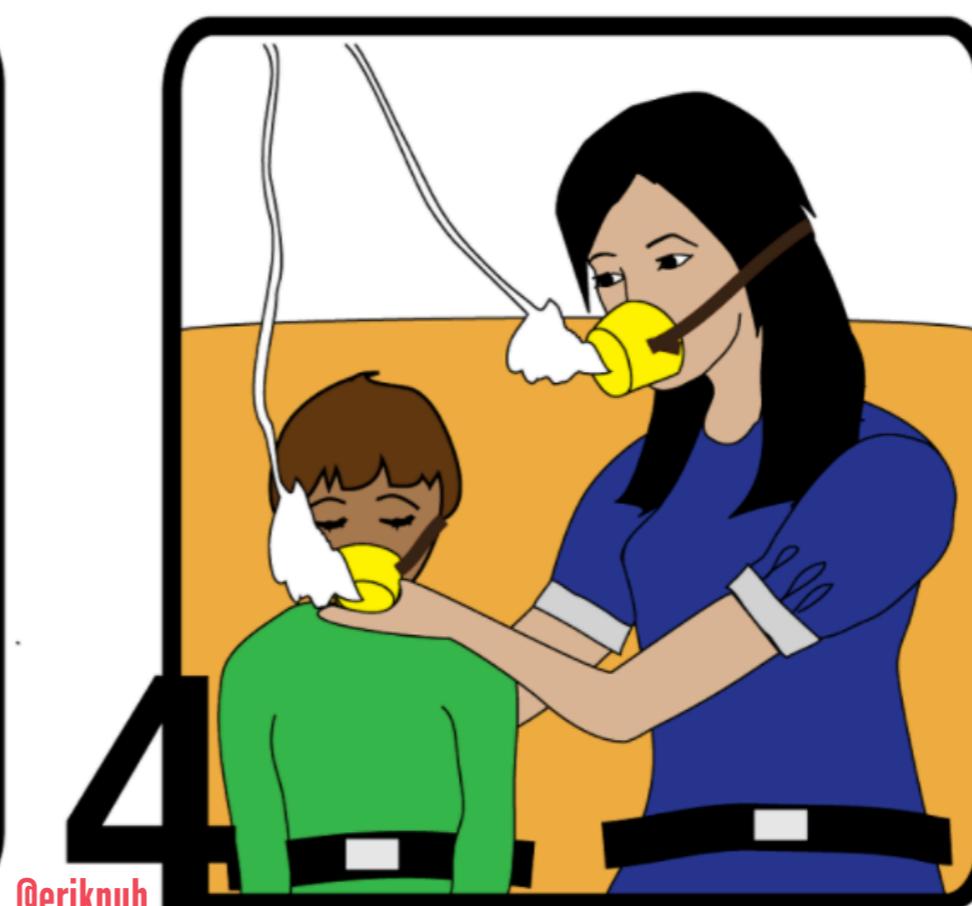
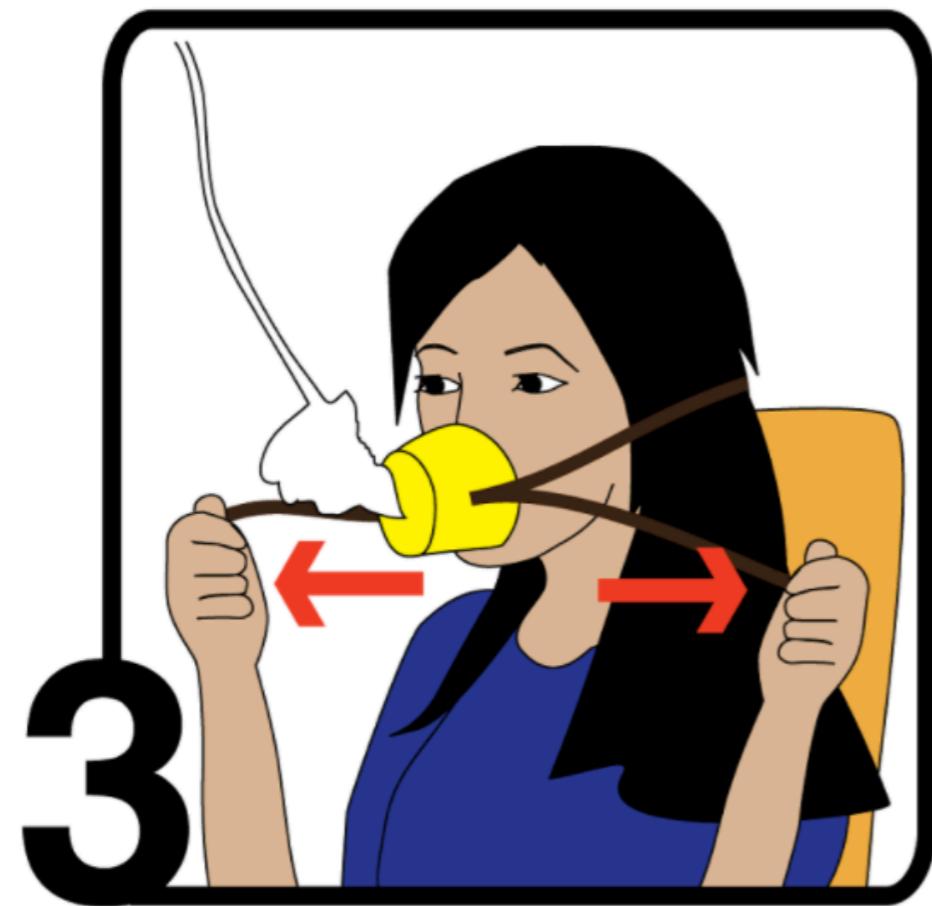
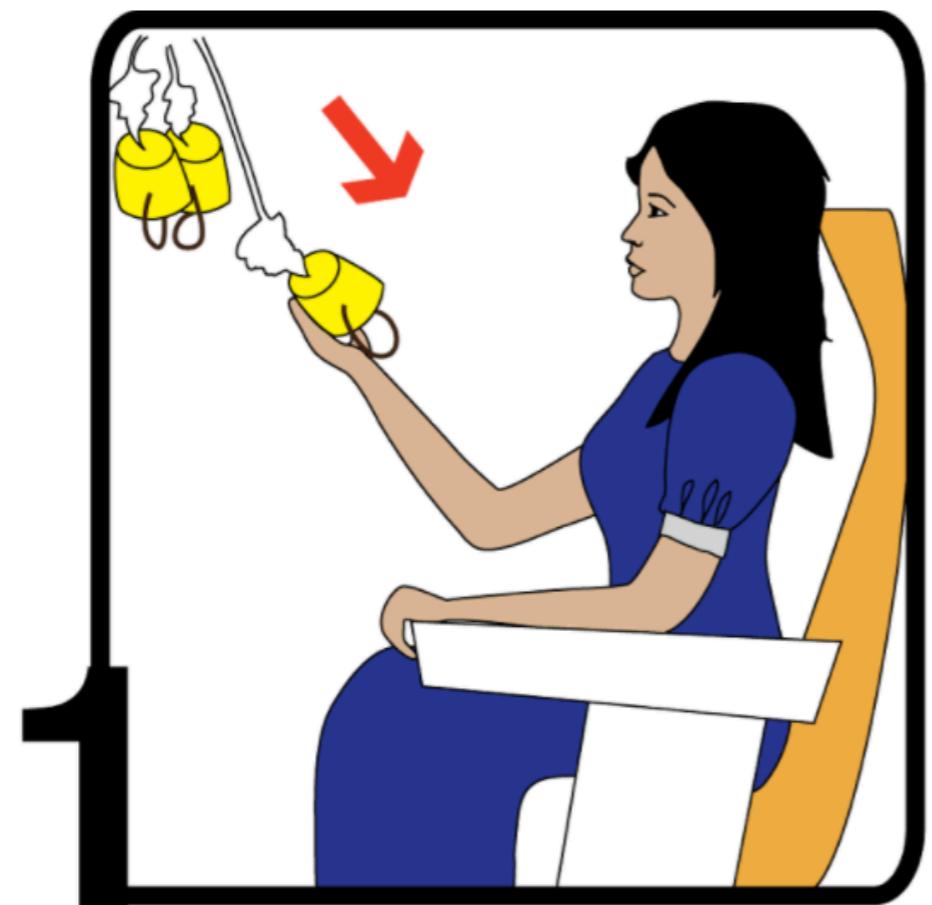
THE FEAR OF THE *unknown*



@erikpub

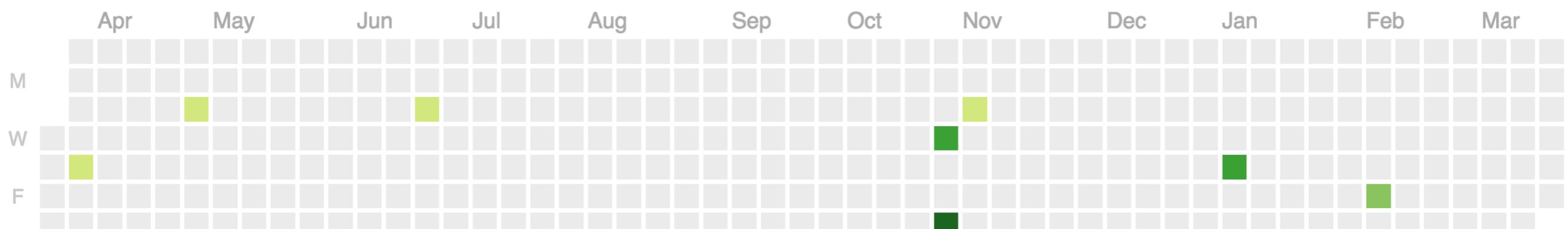


@erikpub



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



IT'S OK TO ASK
FOR help



Rof
django

@erikpub



Erik Romijn

@erikpub

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



erikr / drunken-octo-lama

PRIVATE

7:08 PM - 8 Nov 2015

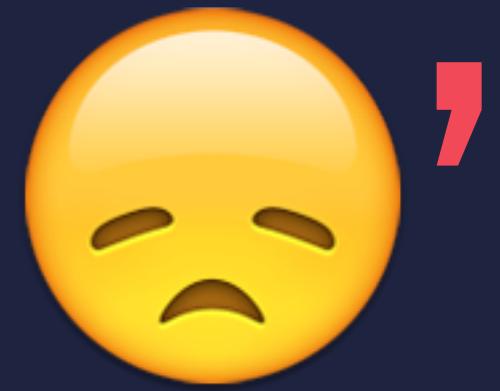
@erikpub

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***

**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

HOW COMMUNITIES CAN WAKE UP

pybara club ...

@erikpub

car
america
© lielitzsche

Trekken

@erikpub



YAY!
You made it!

Django Girls

quiet rooms



HELPING PEOPLE FIND RECOVERY MEETINGS

D&F CoC committee

DSF COC committee

Each member is only obligated to serve on the committee for a fixed period of time, with 6 months being a default term. This allows members of the committee to step down from serving without feeling guilty, and assumes an opt-in membership instead of opt-out, as it was thus far.

DJANGO FELLOWSHIP PROGRAM

COUNSELING AT DJANGOCON EUROPE

@erikpub



10. Happy lil' sushi roll



DJANGO SOFTWARE FOUNDATION

*Well-Being Committee*¹

¹ Proof-of-concept accepted by the Django Software Foundation, full implementation in progress.

THE MISSION OF THE WELL-BEING COMMITTEE:

TO PROVIDE *peer support*
FOR COMMUNITY MEMBERS
WHO NEED TO TALK TO
someone who understands

10. Happy lil' sushi roll





**WE ARE MORE *loved*
THAN WE THINK**



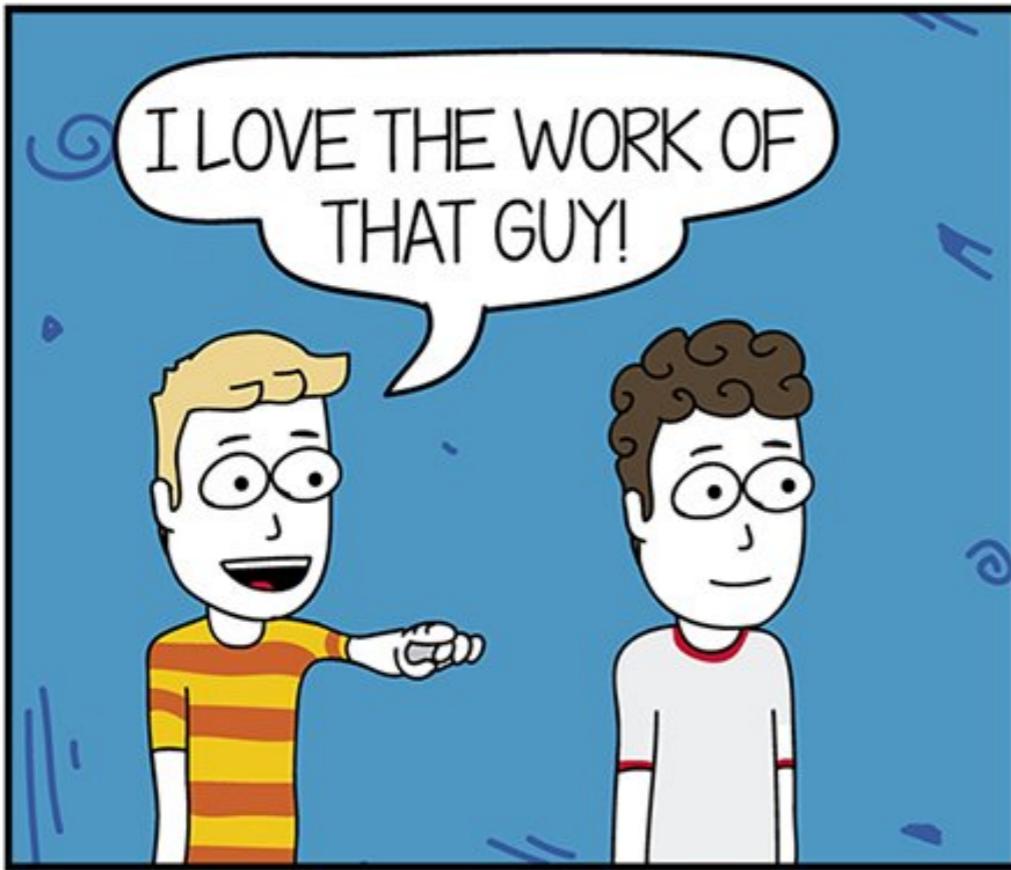
'I feel totally overwhelmed, surprised and very, very grateful. Thank you for caring. You are unbelievable. You are a bunch of craziest, the most positive people I've met. You inspire me to give back to community even more. I wish I could express properly what I'm feeling right now...'

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. 

@erikpub



Ola Sitarska

@olasitarska



Follow

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

WRITE

Happiness
packets

Erik
Romijn





WAWA

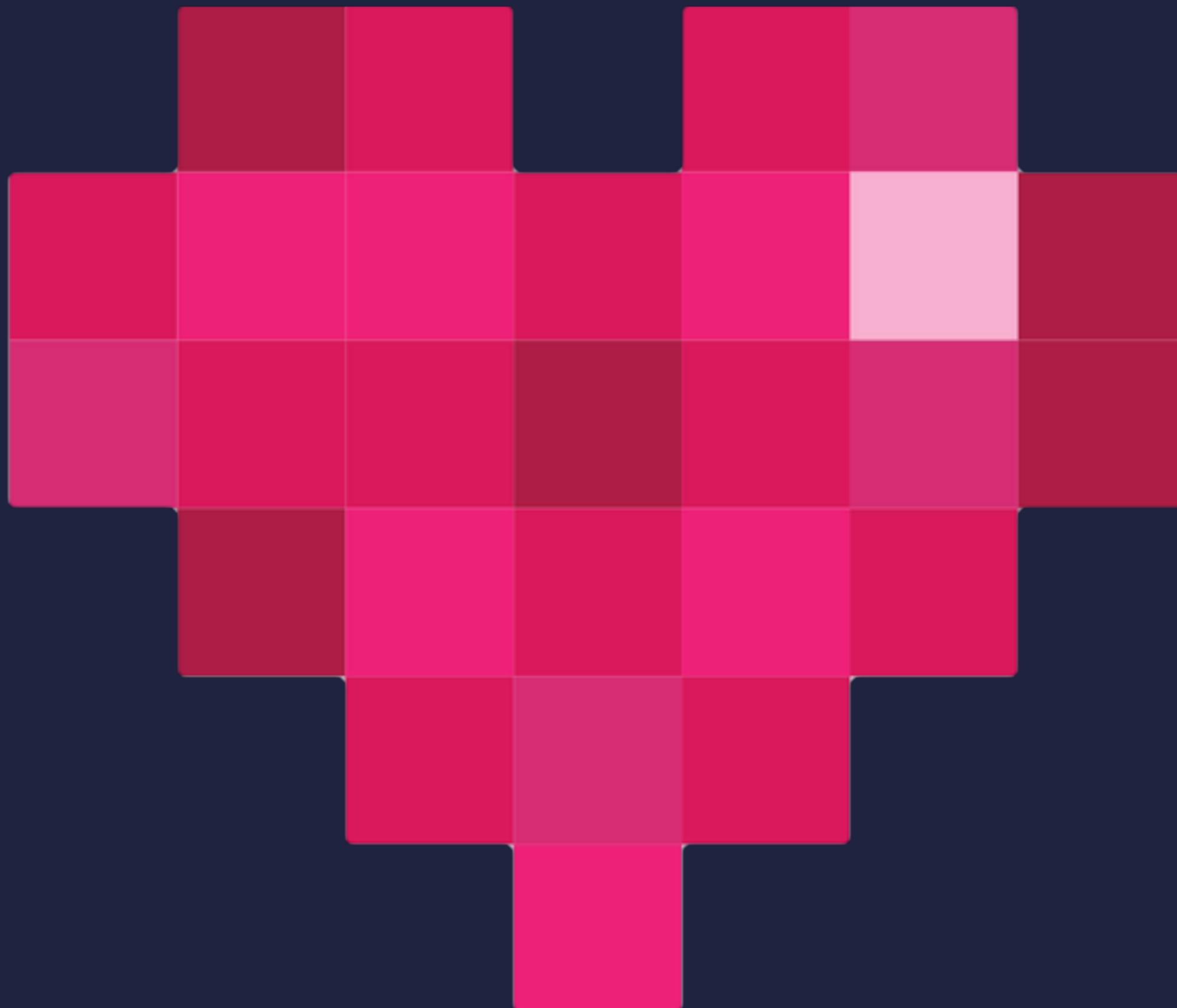
We made it!

HAPPINESS PACKETS
WWW.HAPPINESSPACKETS.IO
@HAPPINESSPACKET*

* @happinesspackets was too long for a twitter username 😞

GITHUB.COM/ERIKR/WELL-BEING

**WELL-BEING
OPEN SPACE**



@erikpub

Thank you!
ERIK ROMIJN @ERIKPUB
@HAPPINESSPACKET
ERIK@ERIK.IO