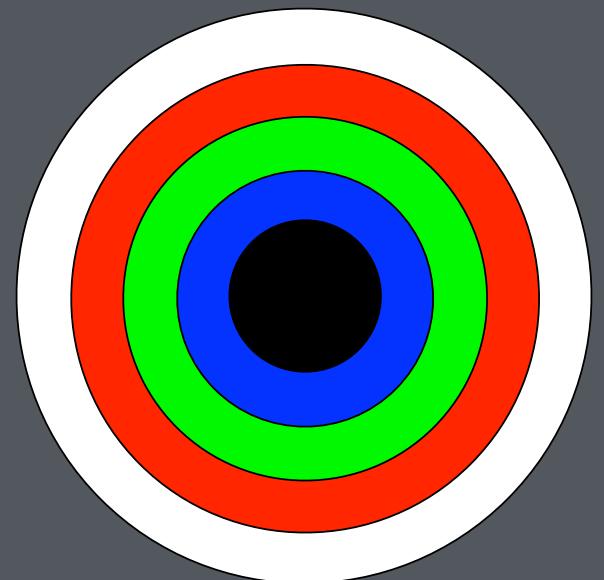


R

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

ERIK ROMIJN @ERIKPUB

MIKEY ARIEL @THATDOCSLADY

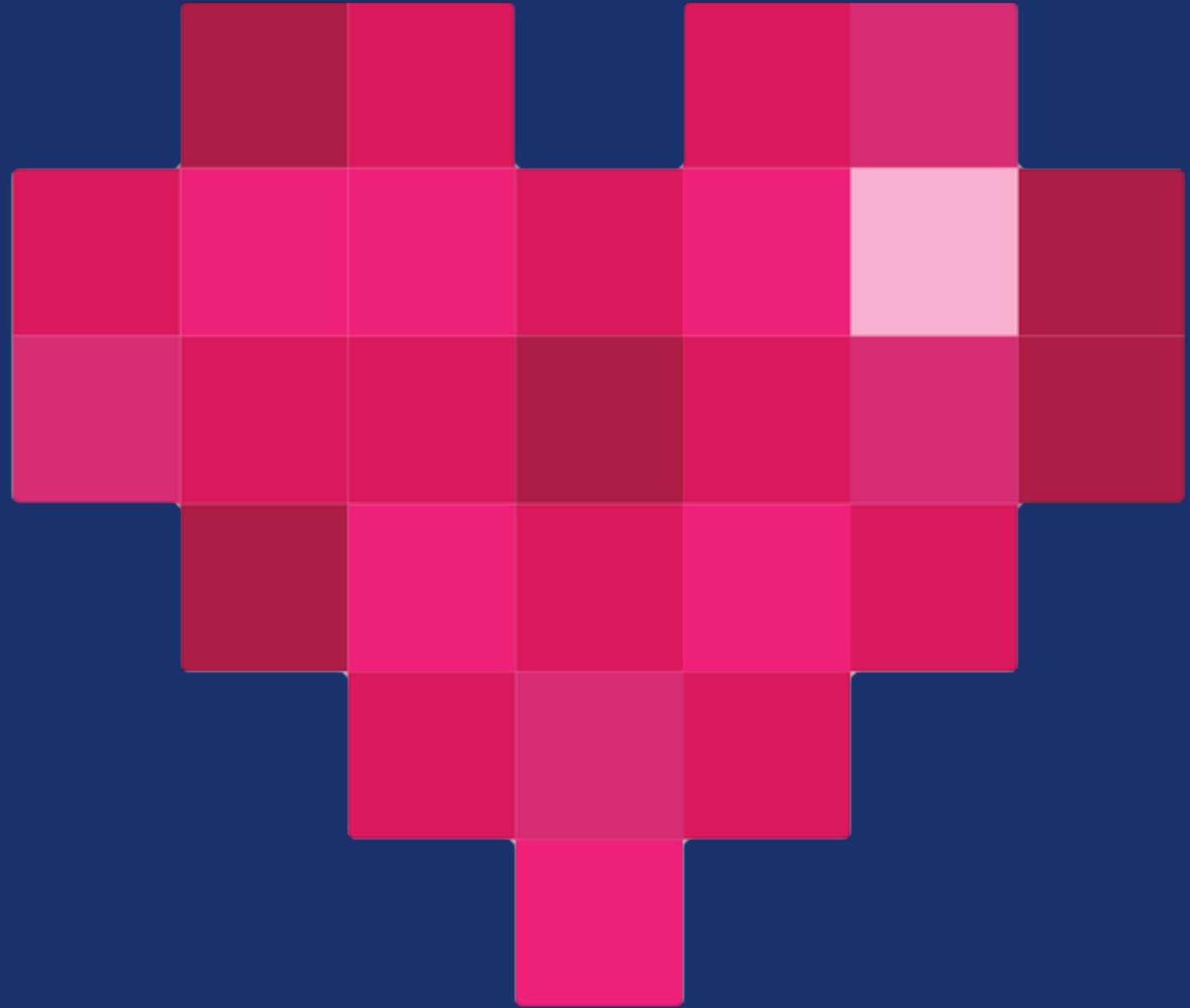
DJANGOCON EUROPE, MARCH 2016

WHO ARE WE?

ERIK ROMIJN @ERIKPUB

MIKEY ARIEL @THATDOCSLADY





CODE OF KINDNESS

NO ON-STAGE Q&A

A large, diverse crowd of people, mostly women, are gathered at what appears to be a conference or event. Many people are holding up green pom-poms, and the atmosphere looks celebratory and engaged.

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

70%
REGULARLY EXPERIENCES PHYSICAL
SYMPTOMS DUE TO STRESS



A LESSON IN DUTCH

@ERIKPUB & @THATDOCSLADY

'HOE GAAT HET?'

'HOE GAAT HET?'
IGOUPDO!

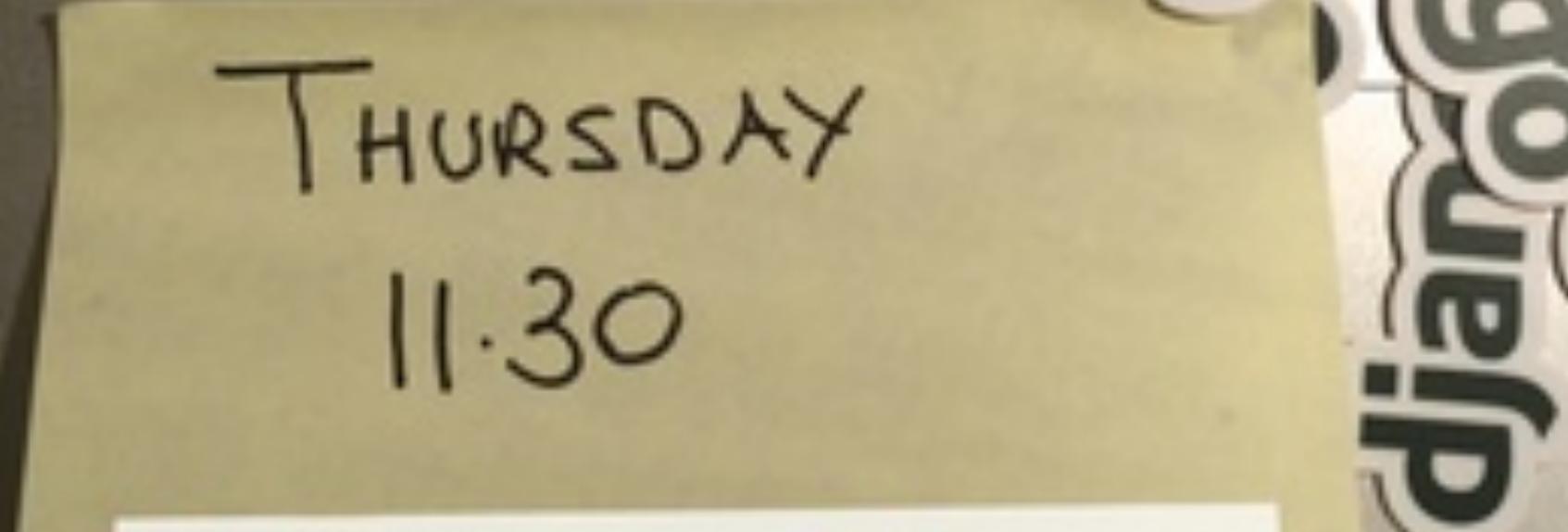
I'M FINE. I'M
JUST TIRED...

**'YOUR CALL IS
IMPORTANT TO US'**

THERE ARE OTHER PEOPLE IN THIS ROOM
WITH SIMILAR STRUGGLES.

10 IN 1

DJANGOCON EUROPE 2015 ATTENDEES SPOKE TO A COUNSELOR



"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.



NONE OF US ARE
ALONE

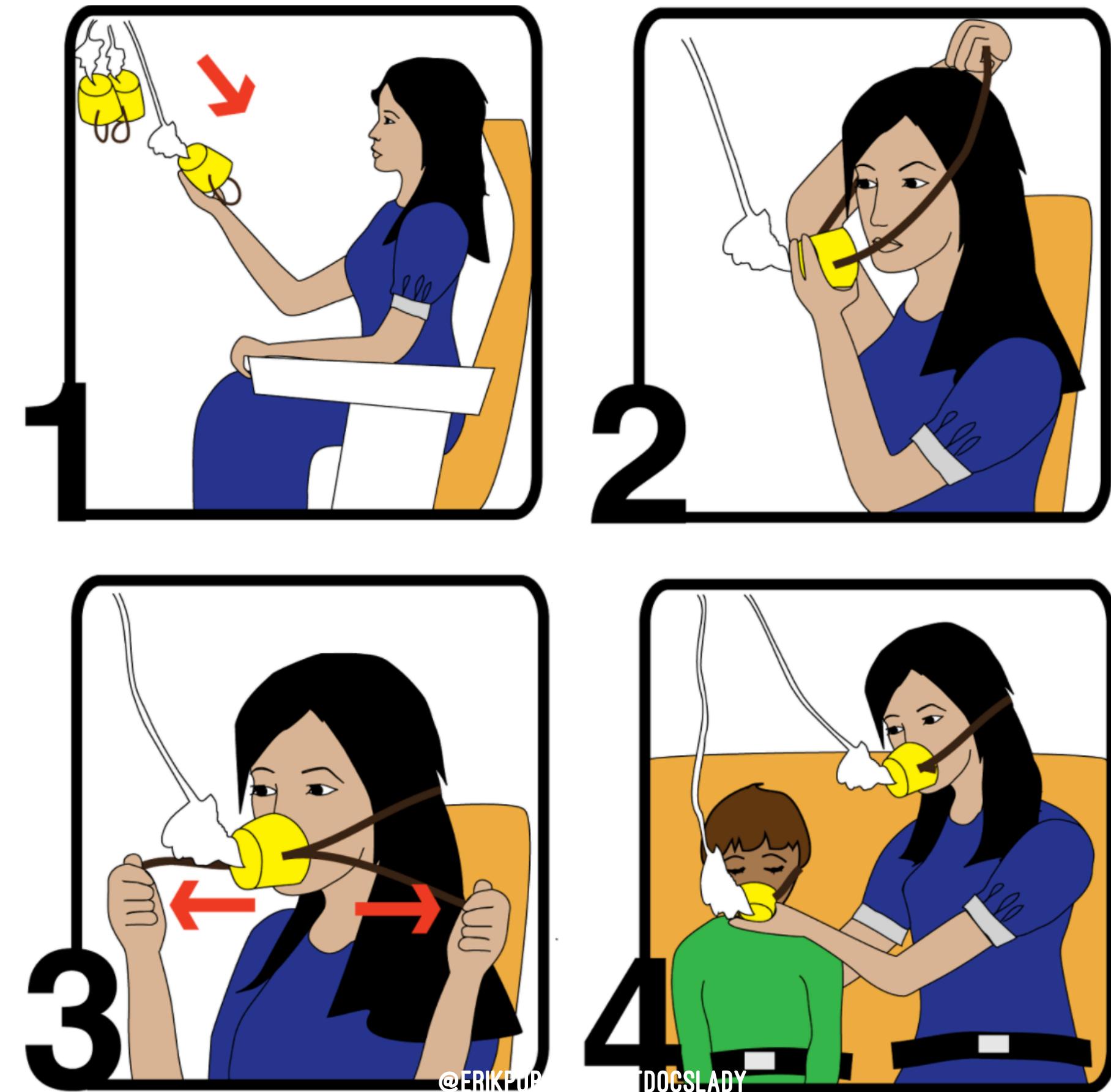
A photograph of a person's arm and hand reaching upwards against a dark blue background. The hand is open, palm facing forward, with fingers slightly spread. A blue pen or pencil is held horizontally between the thumb and forefinger. The background is a dark, slightly cloudy sky.

HELP YOURSELF...

... BEFORE YOU
HELP OTHERS

A photograph showing a close-up of a person's hands reaching upwards. The hands are positioned palm-up, fingers spread, as if grasping at something just out of reach. The background is a clear blue sky with wispy white clouds, suggesting a sense of aspiration or reaching for something beyond one's immediate surroundings.

WHEN BEING HELPFUL
DOESN'T HELP YOU



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

**JUST BECAUSE YOU CAN.
DOESN'T MEAN YOU SHOULD.**

- ANYONE WITH EXPERIENCE IN TURNING DOWN PROJECT OFFERS

SUSTAINABLE OPEN-SOURCE(RER)

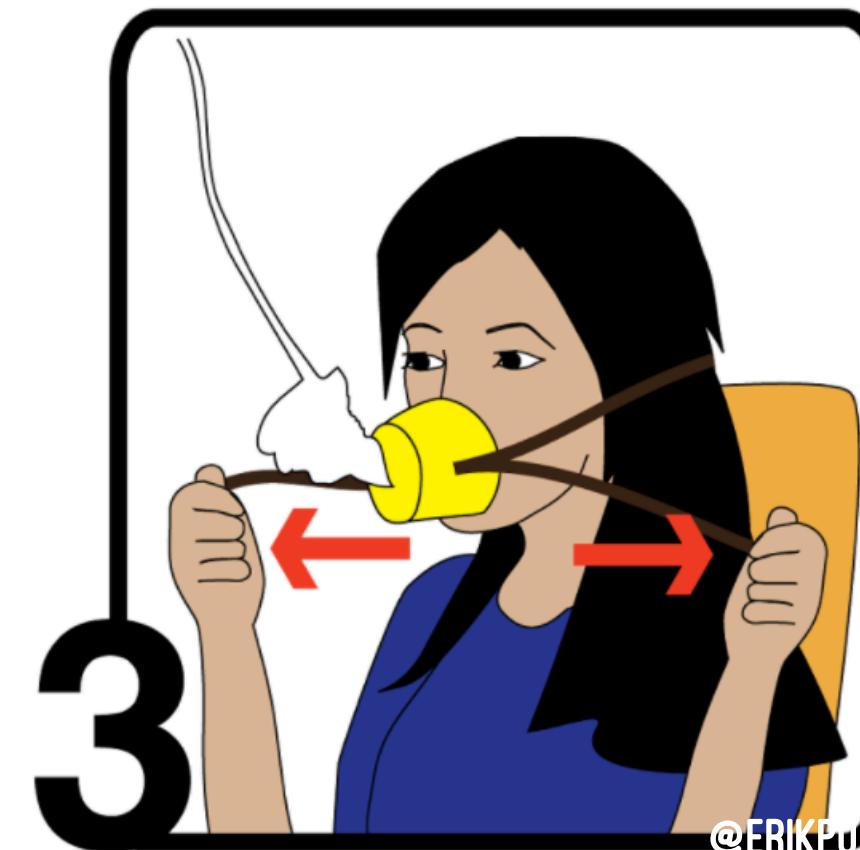
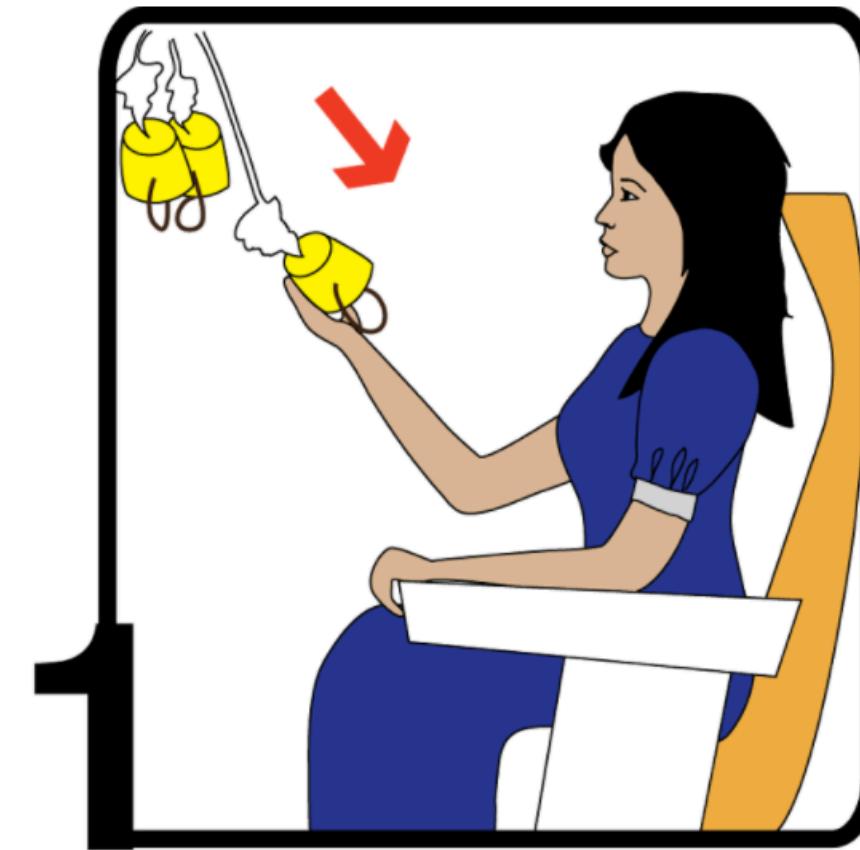


CHRONIC
THE PERILS OF OVERTHINKING

WHAT YOU DO ≠ WHO YOU ARE

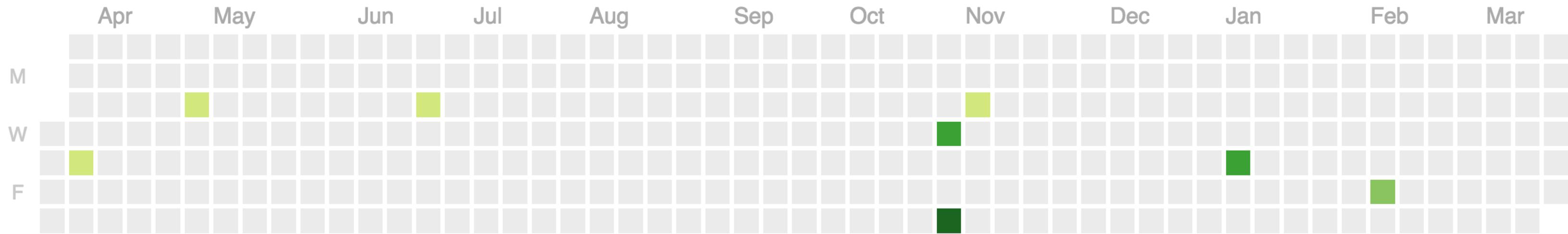
**EVERYONE APPRECIATES YOUR
HONESTY, UNTIL YOU ARE HONEST WITH
THEM. THEN YOU ARE AN ASSHOLE.**

- MY BRAIN, EVERY TIME I NEED TO DELIVER BAD NEWS



THIS MIGHT SOUND EASY
BUT MANY THINGS PUSH US TOWARDS
OVER=COMMITMENT

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

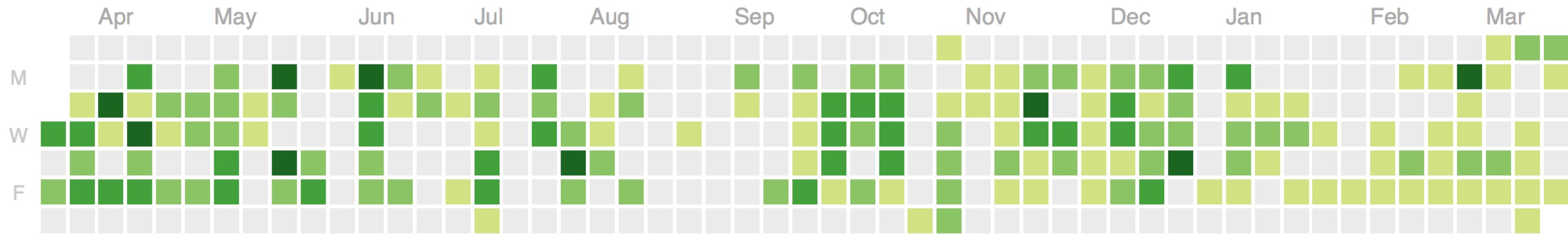
April 2 – April 2

Current streak

0 days

Last contributed a month ago

Contributions



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

Less More

Contributions in the last year

844 total

Mar 25, 2015 – Mar 25, 2016

Longest streak

6 days

July 6 – July 11

Current streak

0 days

Last contributed 3 hours ago

IT'S OK TO ASK
FOR HELP



@ERIKPUB & @THATDOCSLADY



Erik Romijn

@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



@ERIKPUB & @THATDOCSLADY

**'BUT IT DOESN'T
MAKE ANY SENSE'**



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

FEEL FREE TO ASK US FOR HELP.
BUT WE MIGHT SAY NO.
BECAUSE IT'S ALSO OK TO SAY NO.

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



HELP US TO HELP YOU
TO HELP OTHERS

DJANGO FELLOWSHIP PROGRAM

DJANGO GIRLS OUTREACH

COUNSELING AT DJANGOCON EUROPE

@ERIKPUB & @THATDOCSLADY



10. Happy lil' sushi roll



HOW CAN WE HELP?

DJANGO SOFTWARE FOUNDATION WELL-BEING COMMITTEE¹

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

**PEER SUPPORT MEANS SUPPORT
BY PEOPLE JUST LIKE YOU**



STRESS MANAGEMENT

DEPRESSION

ANXIETY

WORK-LIFE BALANCE

RELATIONSHIPS

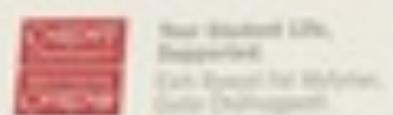
SELF-ESTEEM & IDENTITY

LGBTQIA+

.....

@ERIKPUB & @THATDOCSLADY

Thursday
11:30



Counselling Health & Wellness
University, Waterloo & Cities



ERIK ROMIJN
MIKEY ARIEL
DANIELE PROCIDA
<YOUR NAME HERE>

(VOLUNTEER RESPONSIBLY. DON'T FORGET YOUR OXYGEN MASK!)



PEER SUPPORT CANNOT REPLACE
PROFESSIONAL SUPPORT

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



Trekken

HOW PEOPLE ARE ON THE INTERNET



Happiness
packets

Happiness
packets

HAPPINESSPACKETS.IO
@HAPPINESSPACKET



WAAAAY

WE MADE IT!

@ERIKPUB & @THATDOCSLADY

OUR THANKS GO OUT TO

RUSSELL KEITH-MAGEE
AMBER BROWN
OLA SITARSKA
DANIELE PROCIDA

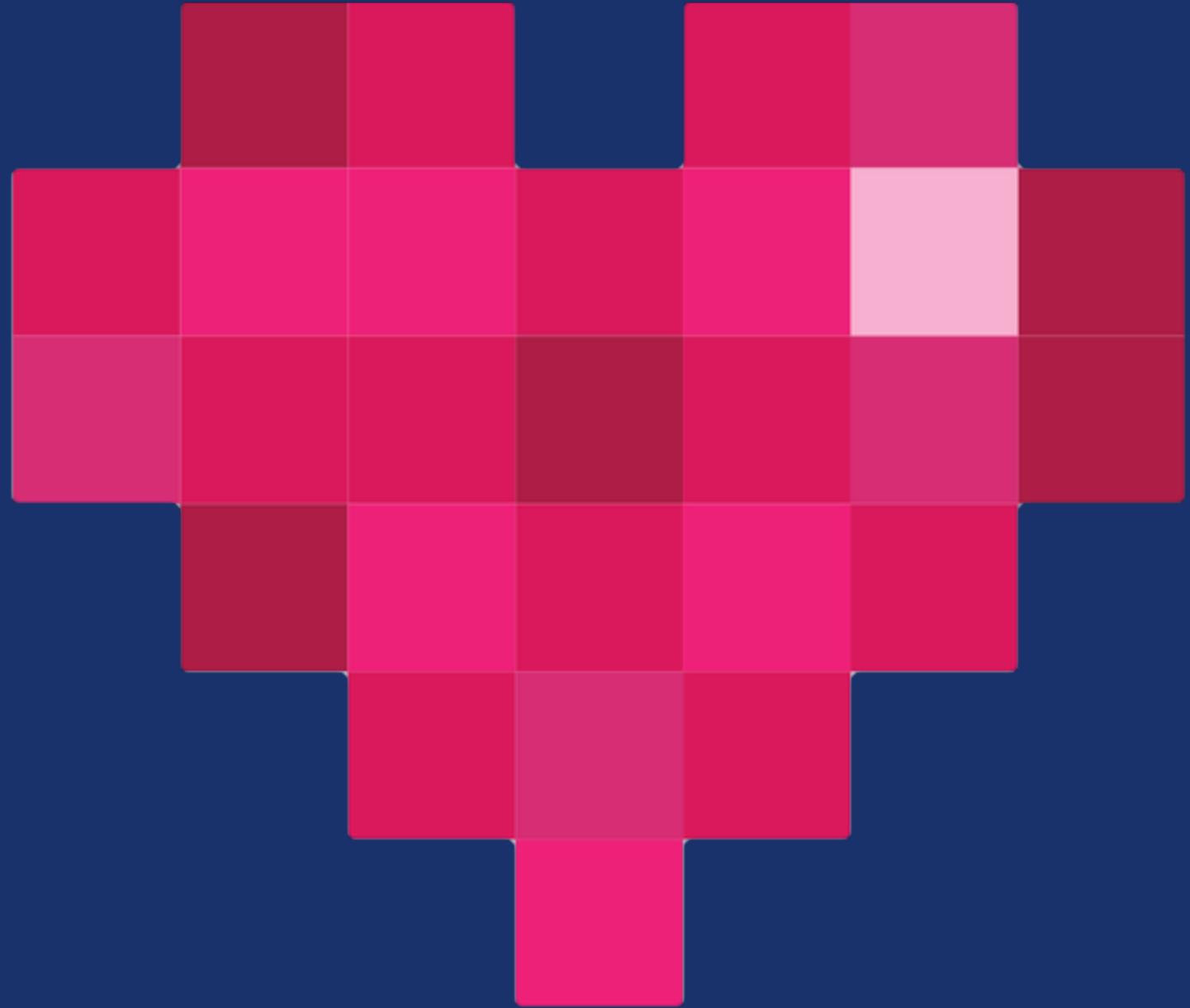
AND TO MANY OTHERS FROM OUR COMMUNITY AND
OUR FRIENDS FOR KNOWINGLY OR UNKNOWINGLY
CONTRIBUTING TO OUR WORK.

HAPPINESS PACKETS
WWW.HAPPINESSPACKETS.IO
@HAPPINESSPACKET*

* @HAPPINESSPACKETS WAS TOO LONG FOR A TWITTER USERNAME 😞

DJANGO SOFTWARE FOUNDATION
WELL-BEING COMMITTEE
WELL-BEING@ERIK.IO

GITHUB.COM/ERIKR/WELL-BEING



CODE OF KINDNESS

NO ON-STAGE Q&A

THANK YOU!

ERIK ROMIJN @ERIKPUB

MIKEY ARIEL @THATDOCSLADY

@HAPPINESSPACKET

WELL-BEING@ERIK.IO