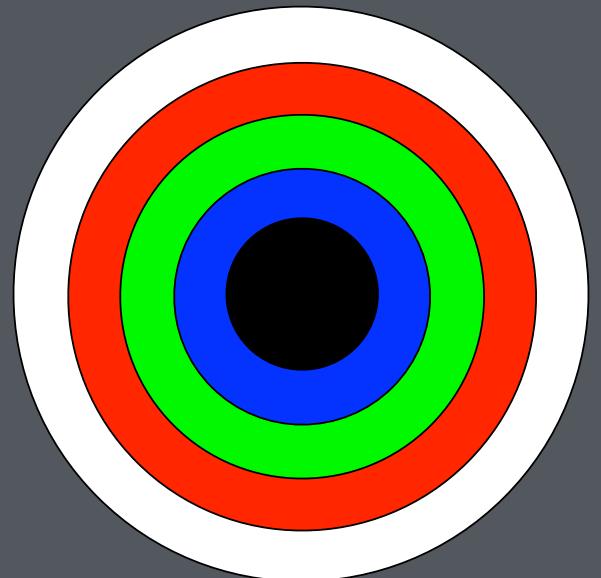


R

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

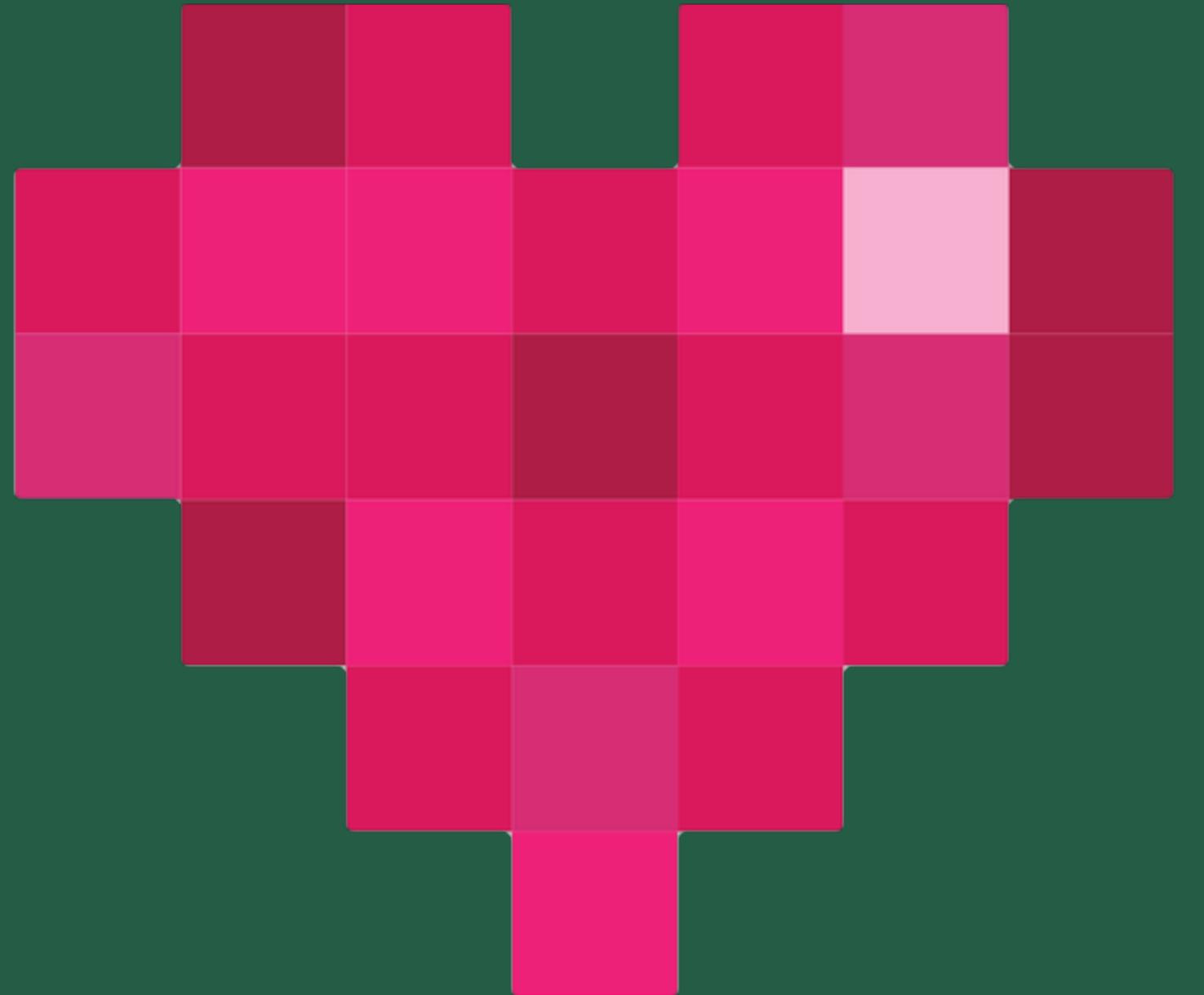
DEVFEST NL. OCTOBER 2016

WHO AM I?

ERIK ROMIJN @ERIKPUB

MIKEY ARIEL @THATDOCSDLADY





CODE OF KINDNESS

A large group of diverse women are cheering with green pom-poms. They are wearing various t-shirts, including one with a "django girls" logo. The background is a light blue wall with yellow balloons.

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.

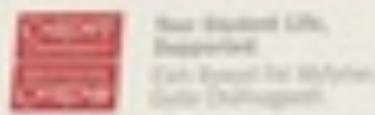
1 IN 10

DJANGOCON EUROPE 2015
ATTENDEES SPOKE TO A COUNSELOR



THURSDAY

11:30



Counselling, Health & Wellbeing
University, 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

NONE OF US ARE
ALONE

A large group of diverse women are cheering with green pom-poms. They are wearing various t-shirts, some with "django girls" and "EuroPython" printed on them. The background is a plain white wall.

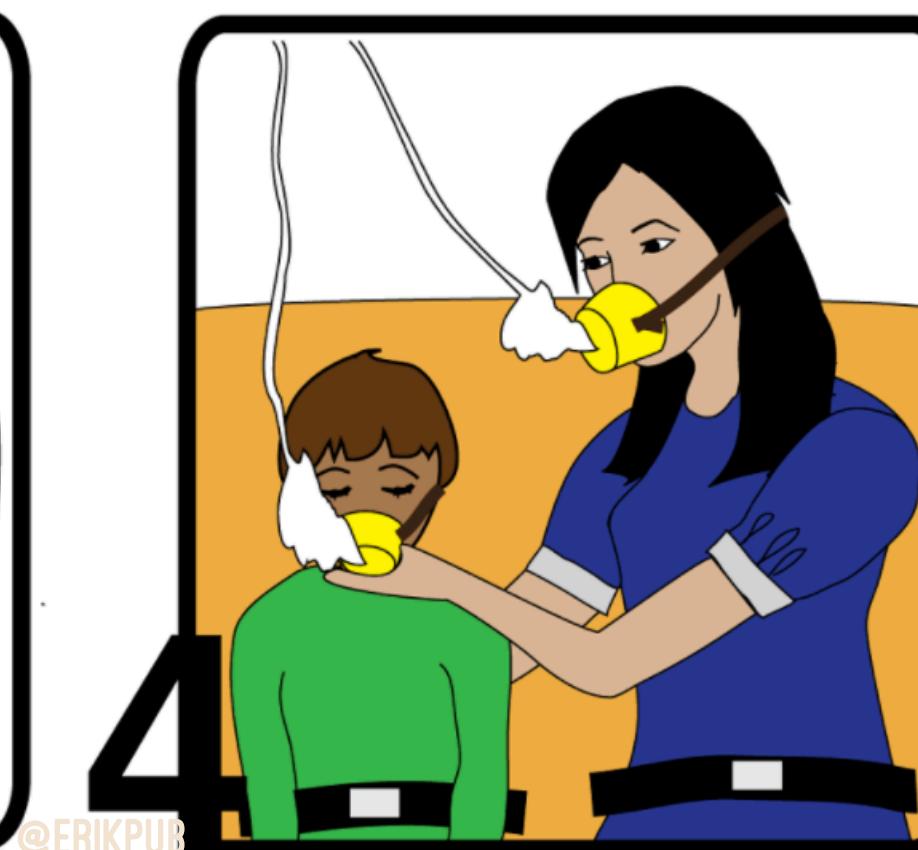
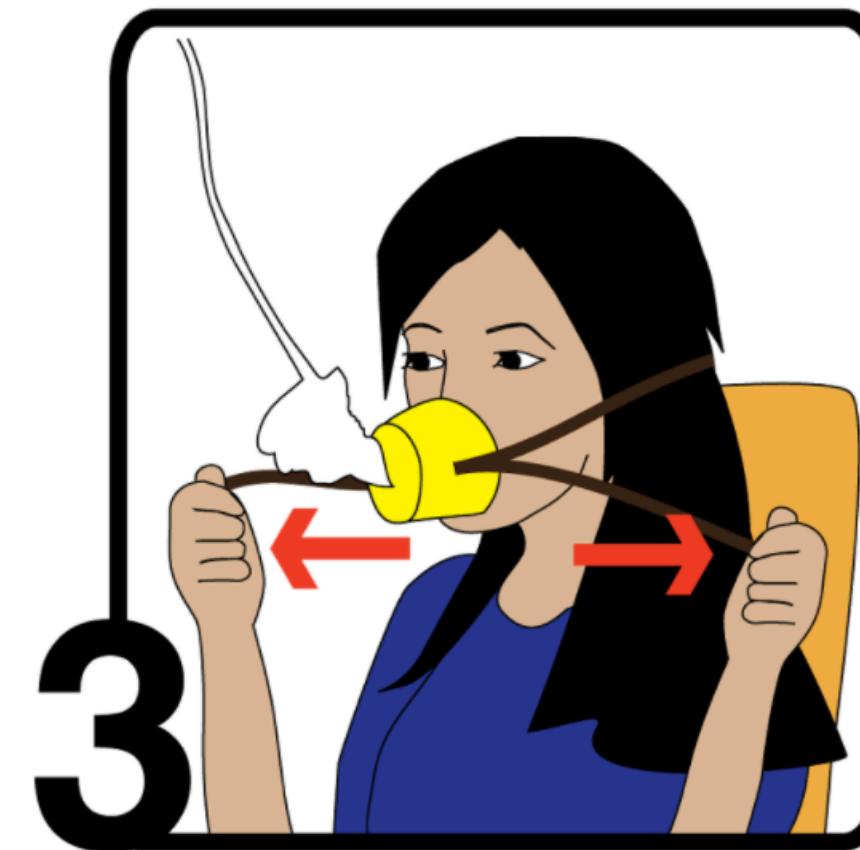
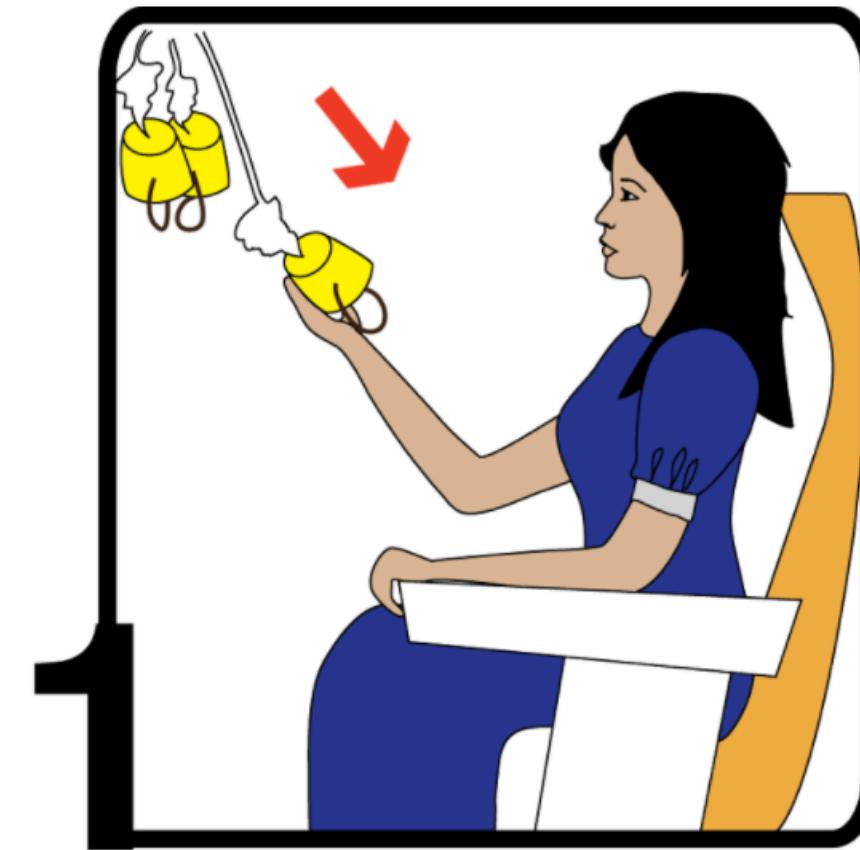


HELP YOURSELF . . .

... BEFORE YOU
HELP OTHERS

A close-up photograph of a person's hands reaching up towards the sky. The background is a bright, cloudy sky.

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

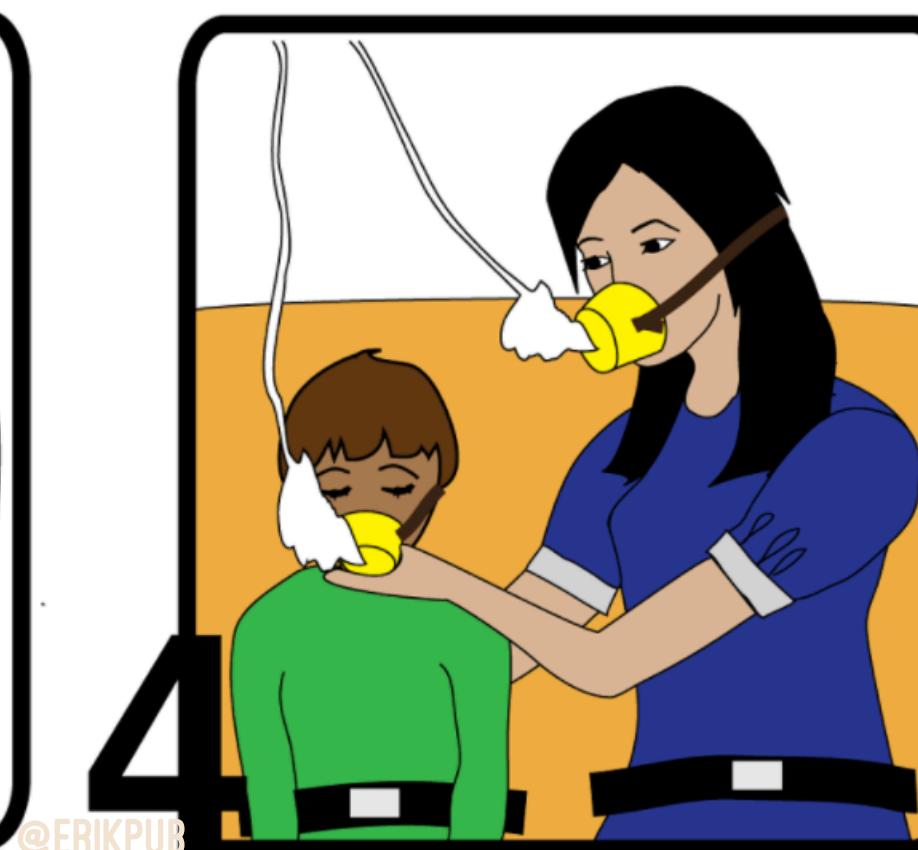
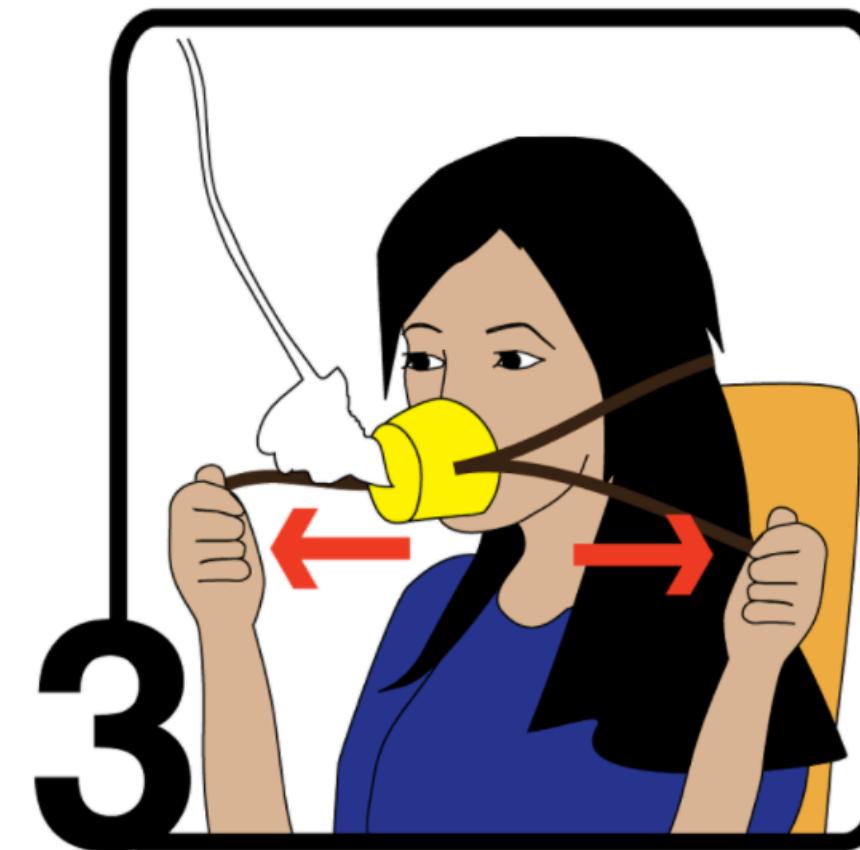
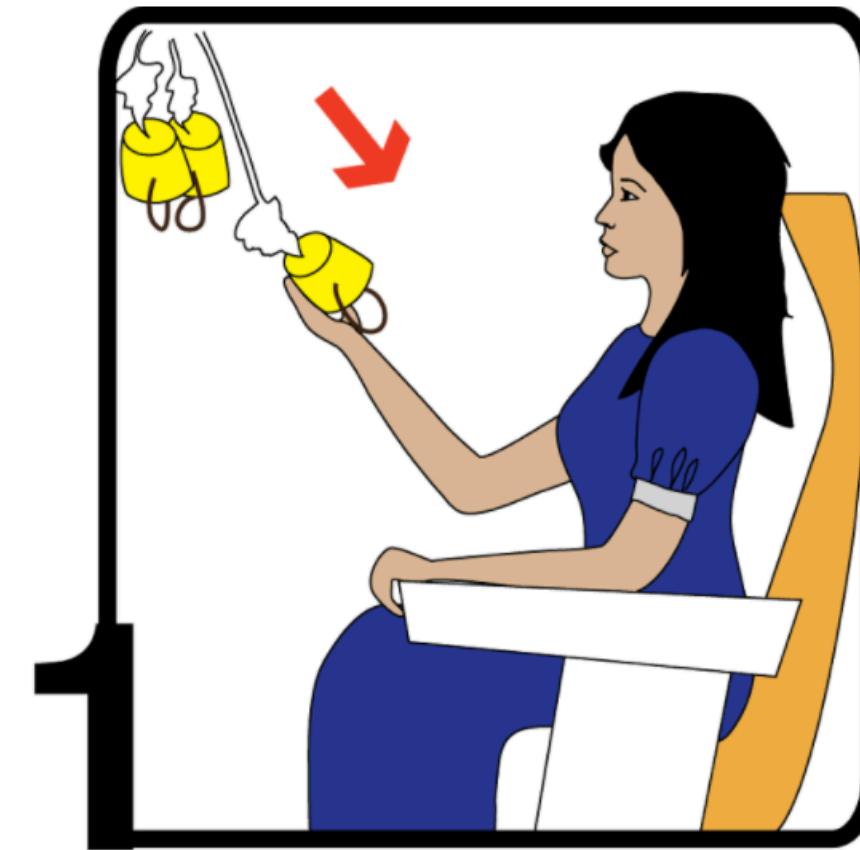
SUFFERING
THROUGH OUR WORK
SERVES NOBODY

THE FEAR OF THE UNKNOWN



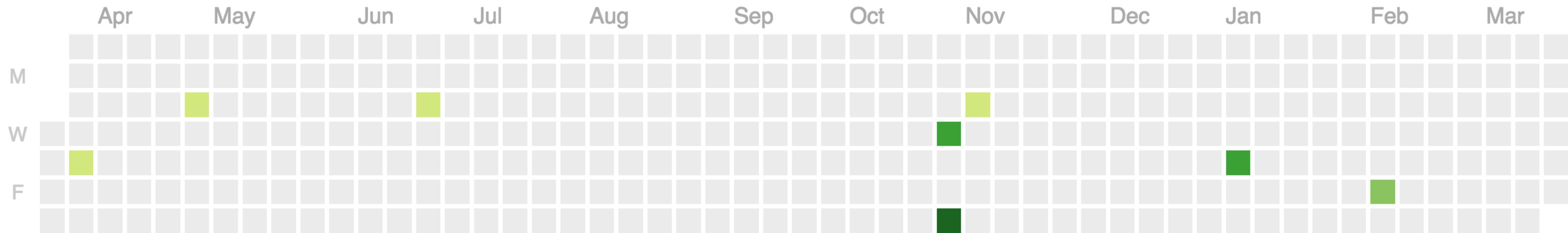


@ERIKPUB



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





@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

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

HOW COMMUNITIES CAN HELP

A painting depicting a group of diverse individuals in a social setting. In the foreground, a man in a white shirt and tie is gesturing while speaking. Behind him, a woman in a red dress is laughing. The scene is set in a room with large windows overlooking a city skyline at night, featuring illuminated skyscrapers and a bridge. The overall atmosphere is one of community and social connection.

CODE OF CONDUCT



Trekken

@ERIKPUB



DJANGO GIRLS



HELPING PEOPLE FEEL
SUPPORTED

DSF 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 COMMITTEE¹

¹ PROOF-OF-CONCEPT ACCEPTED BY THE DJANGO SOFTWARE FOUNDATION. FULL IMPLEMENTATION IN PROGRESS.

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. ☀️



Ola Sitarska
@olasitarska



 Follow

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



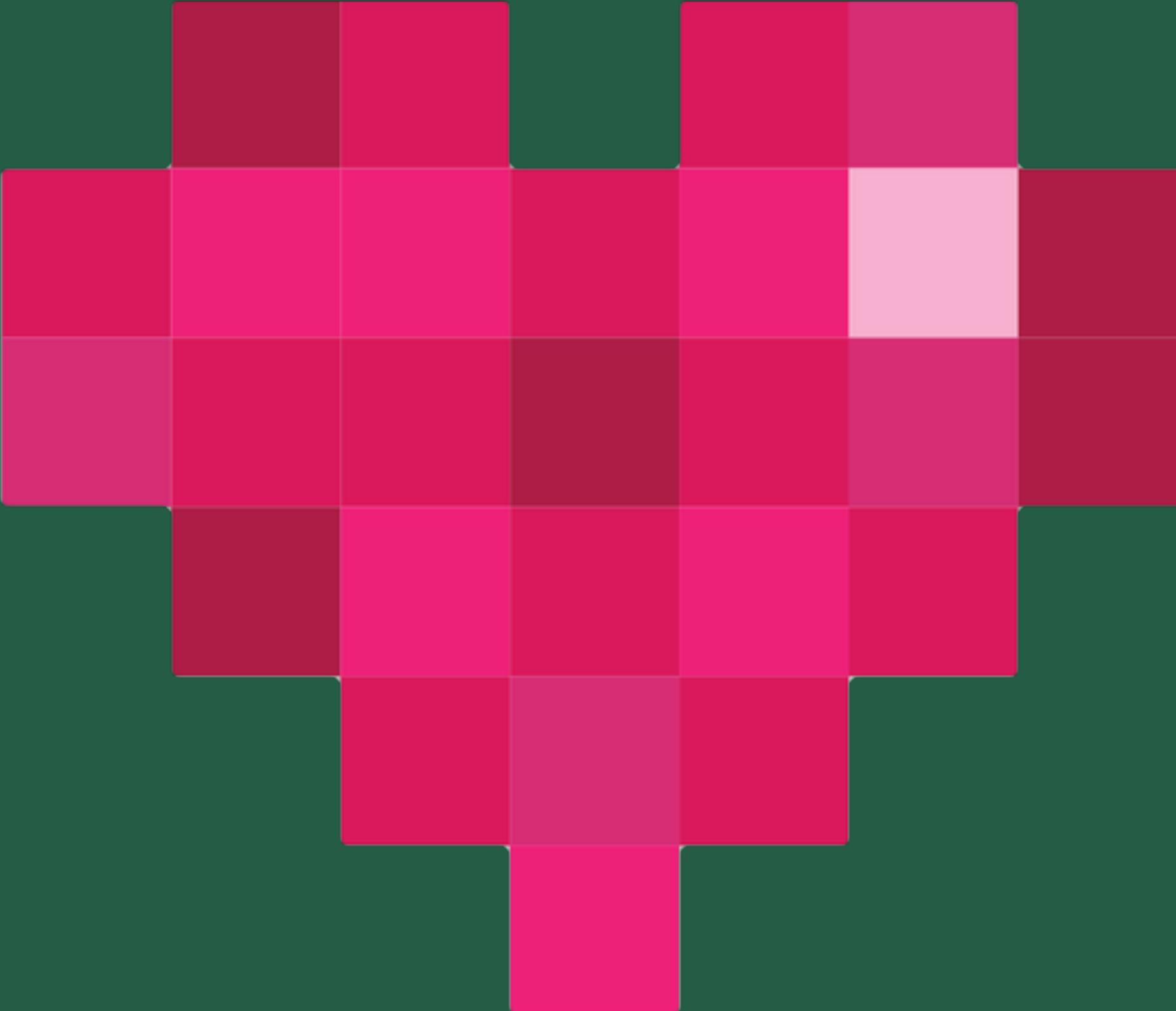
YAY!

WE MADE IT!

HAPPINESS PACKETS
WWW.HAPPINESSPACKETS.IO
@HAPPINESSPACKET*

* @HAPPINESSPACKETS WAS TOO LONG FOR A TWITTER USERNAME 😞

GITHUB.COM/ERIKR/WELL-BEING



@ERIKPUB

THANK YOU!

ERIK ROMIJN @ERIKPUB

@HAPPINESSPACKET
ERIK@ERIK.IO