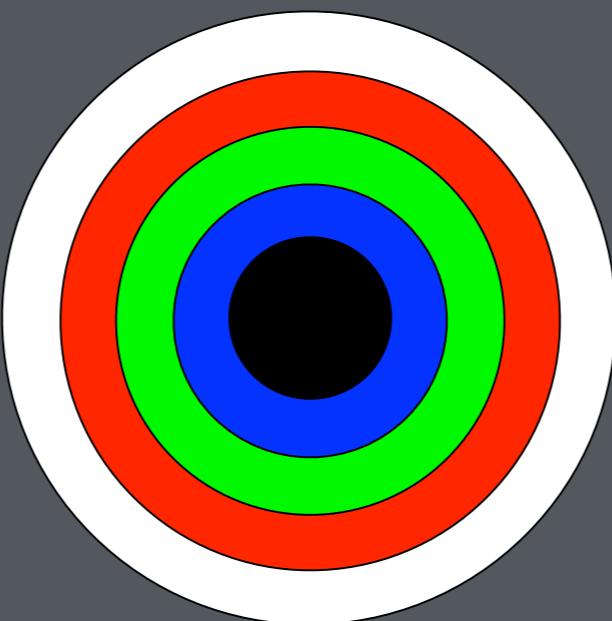


Hello there, 16:9



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

HEALTHY MINDS *in a* HEALTHY COMMUNITY

ERIK ROMIJN @ERIKPUB

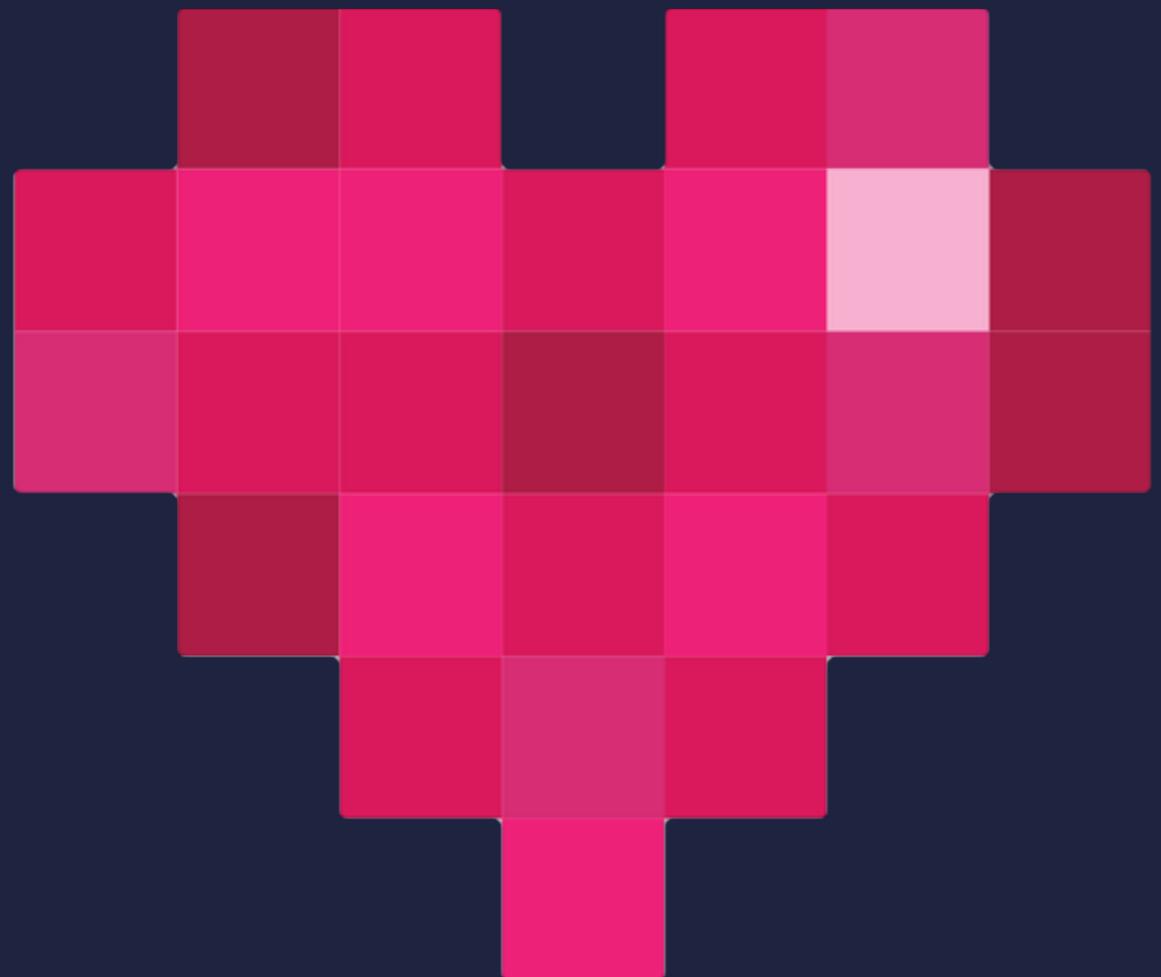
DjangoCon US, July 2016

WHO ARE WE?

ERIK ROMIJN @ERIKPUB

MIKEY ARIEL @THATDOCSLADY





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



A LESSON IN

Dutch

@erikpub

'HOE GAAT HET?'

**'HOE GAAT HET?
GOED!'**

'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 in what appears to be a conference or event setting.

NONE OF US ARE
QUEERO

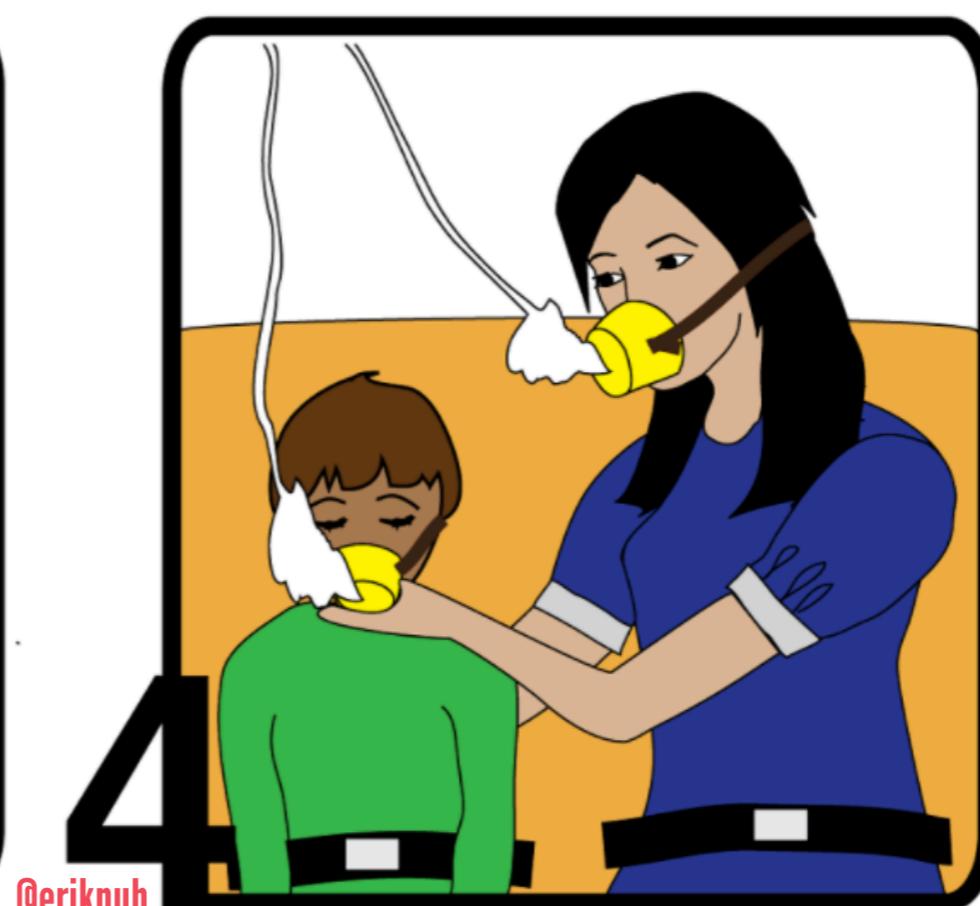
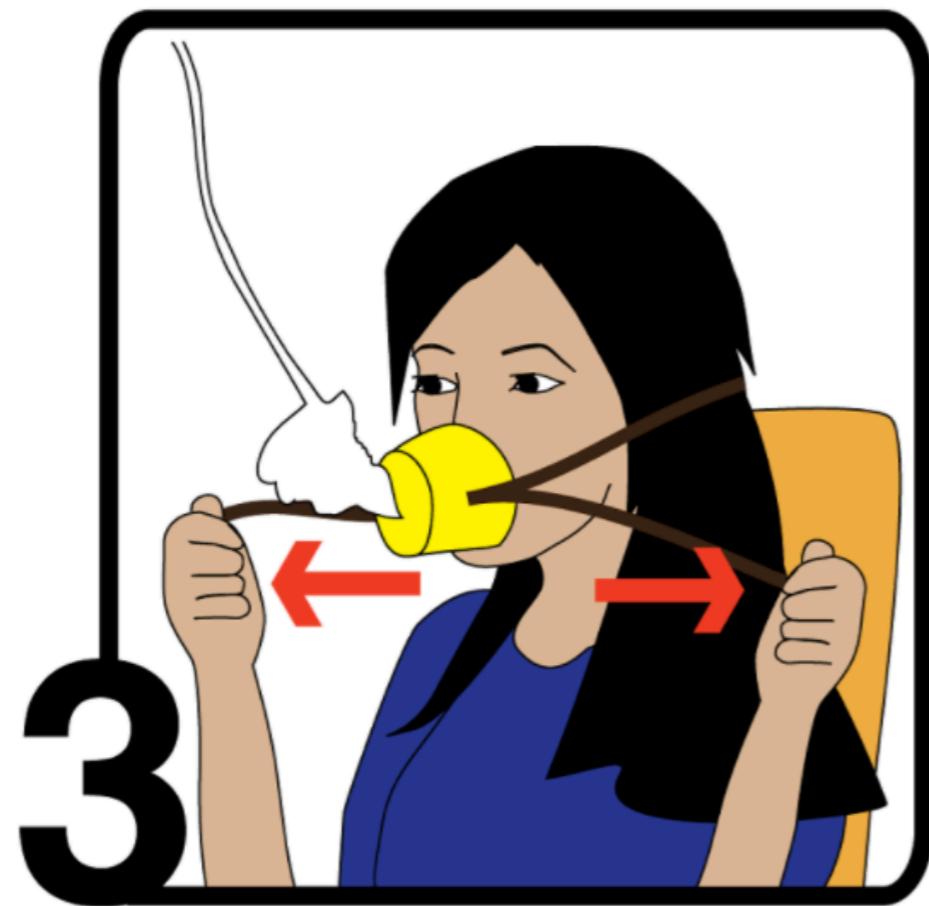
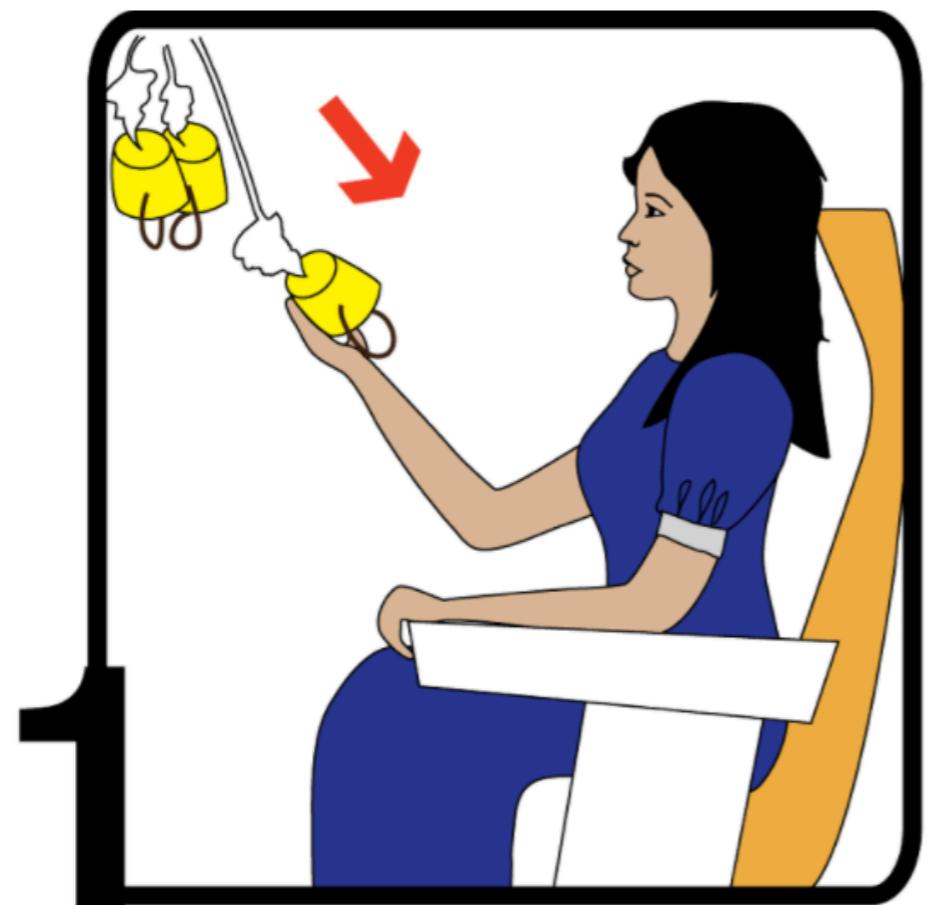


HELP yourself... ■■■

... 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

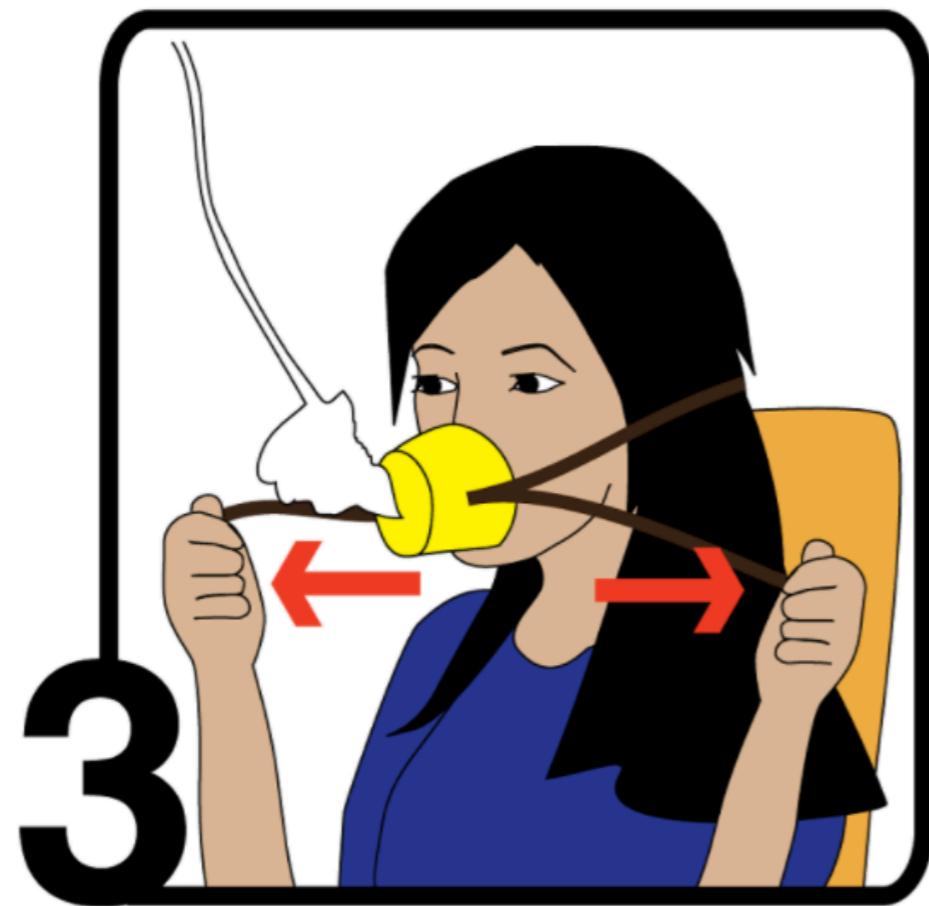
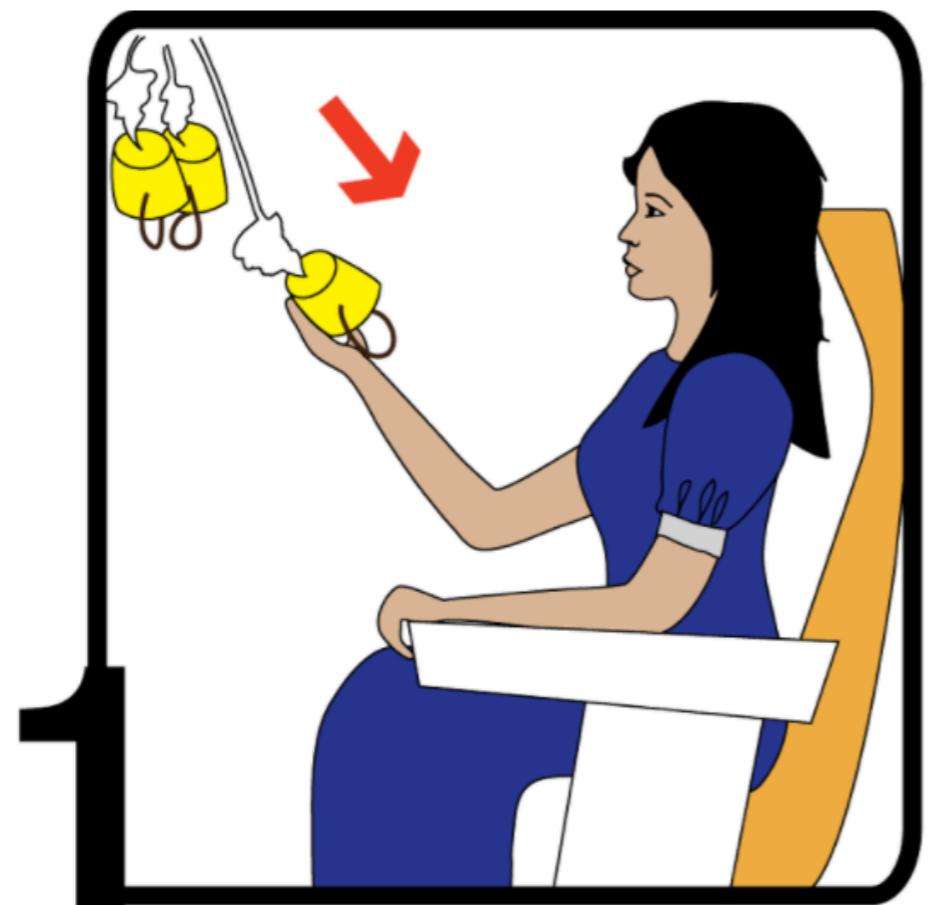
Suffering
THROUGH OUR WORK
SERVES *nobody*

THE FEAR OF THE *unknown*

love
CONQUERS ALL

**#long
time**

**conquered all
conquer all**



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

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.



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

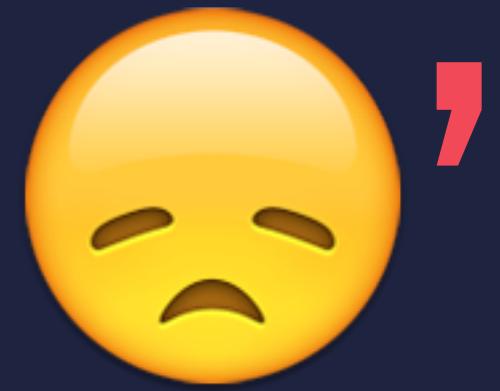
@erikpub

ASKING FOR HELP is not
THE SAME AS failing



@erikpub

**‘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.**

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

community



HELP us TO HELP you
TO HELP others

@erikpub

pybara club...

finbar
america
© lielitzske

DJANGO FELLOWSHIP PROGRAM

DJANGO GIRLS OUTREACH

COUNSELING AT DJANGOCON EUROPE

@erikpub



10. Happy lil' sushi roll



HOW CAN *we* HELP?

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

Peer support MEANS SUPPORT
BY PEOPLE JUST LIKE *you*



THURSDAY

11:30

New Student Office,
Residence
Counselling & Well-being
Student Development



Counselling, Health & Well-being
Student, Support & Life

STRESS MANAGEMENT
DEPRESSION
ANXIETY
WORK-LIFE BALANCE
RELATIONSHIPS
SELF-ESTEEM & IDENTITY
LGBTQIA+

.....

@erikpub



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**



@erikpub

'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**

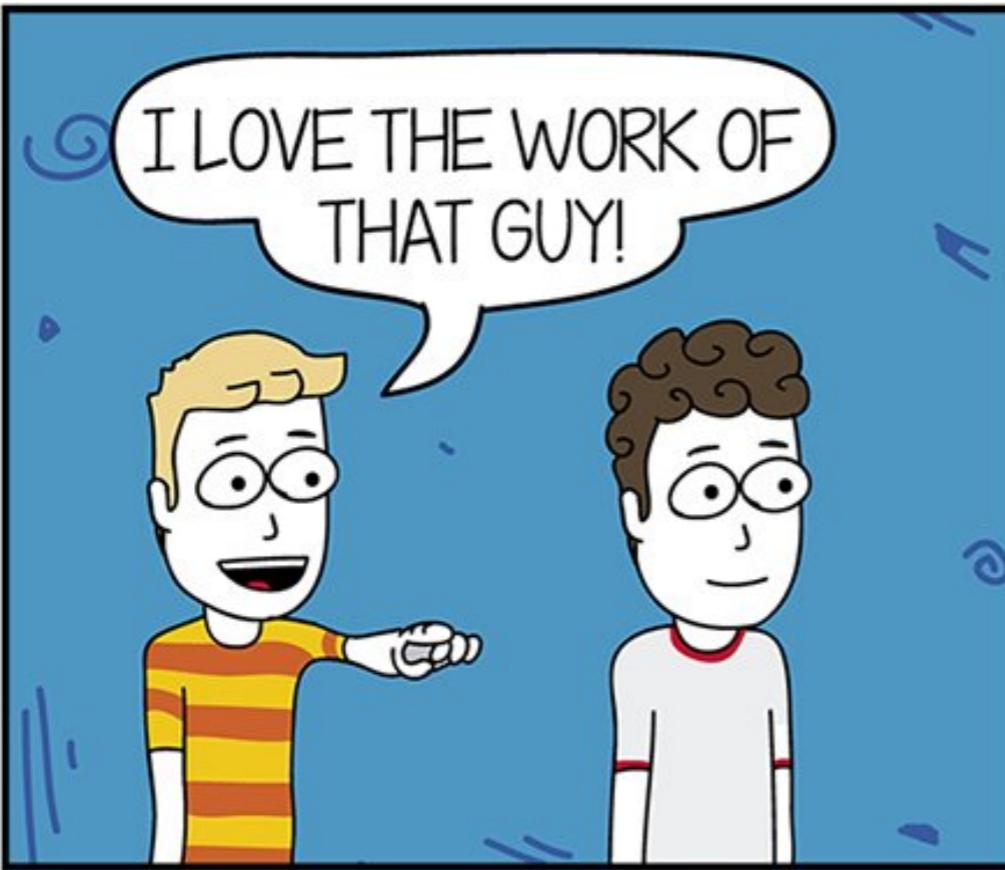
Trekken

@erikpub



YAY!
You made it!

HOW PEOPLE ARE ON THE INTERNET



Happiness
packets

Happiness
packets

HAPPINESSPACKETS.IO
@HAPPINESSPACKET



Katie McLaughlin ✨
@glasnt



Follow

I woke up to a @happinesspacket and it was the
best thing! ❤️❤️❤️

You should totally send one to make someone's
day ^_^



Anna Ossowski

@OssAnna16



 Follow

Received my first [@happinesspacket](#) and it put a huge smile on my face. If you want to show someone you appreciate them, send them one too 😊

@erikpub



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](#)



WAWA

We made it!

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*

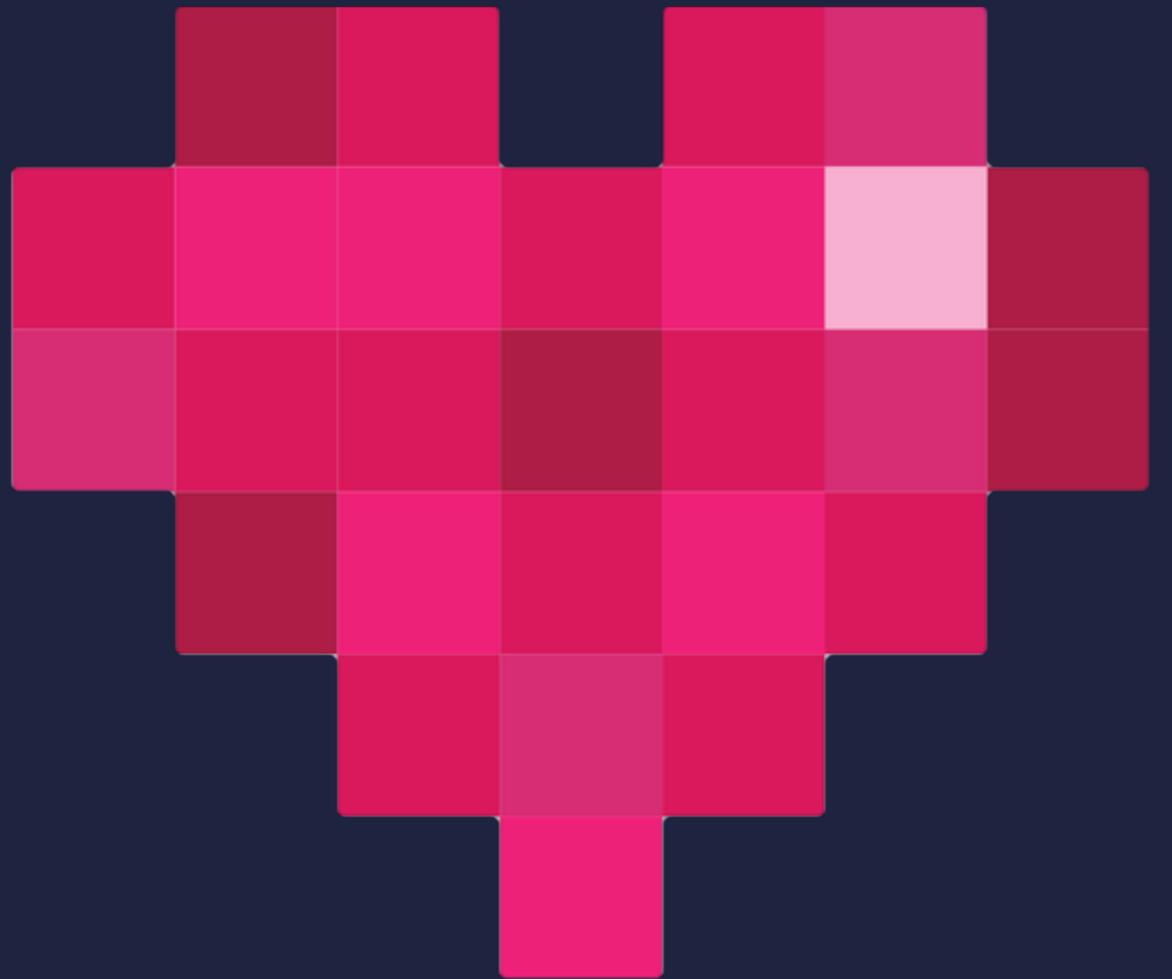
* @happinesspackets was too long for a twitter username 😞

DJANGO SOFTWARE FOUNDATION

Well-Being Committee

WELL-BEING@ERIK.IO

GITHUB.COM/ERIKR/WELL-BEING



*Wanting to be
happier doesn't
make you selfish,
negative or
ungrateful.*

*You deserve to be as
happy as you can.*

Thank you!
ERIK ROMIJN @ERIKPUB
@HAPPINESSPACKET
WELL-BEING@ERIK.IO