

HEALTHY MINDS in a HEALTHY COMMUNITY

ERIK ROMIJN @ERIKPUB



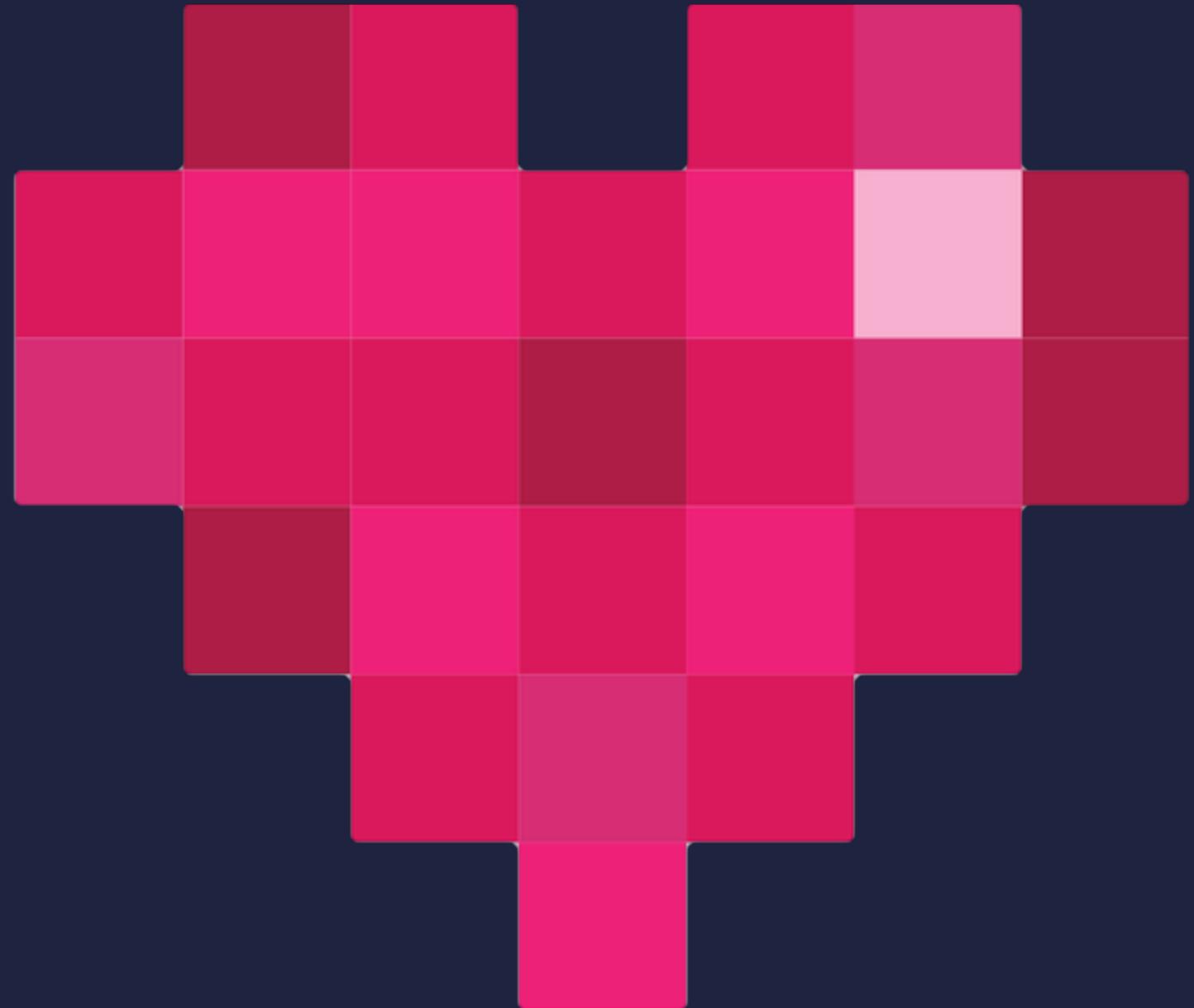
try!Swift NYC, September 2016

WHO AM I?

ERIK ROMIJN @ERIKPUB

MIKEY ARIEL @THATDOCSLADY





CODE OF KINDNESS



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

I'M FINE, I'M

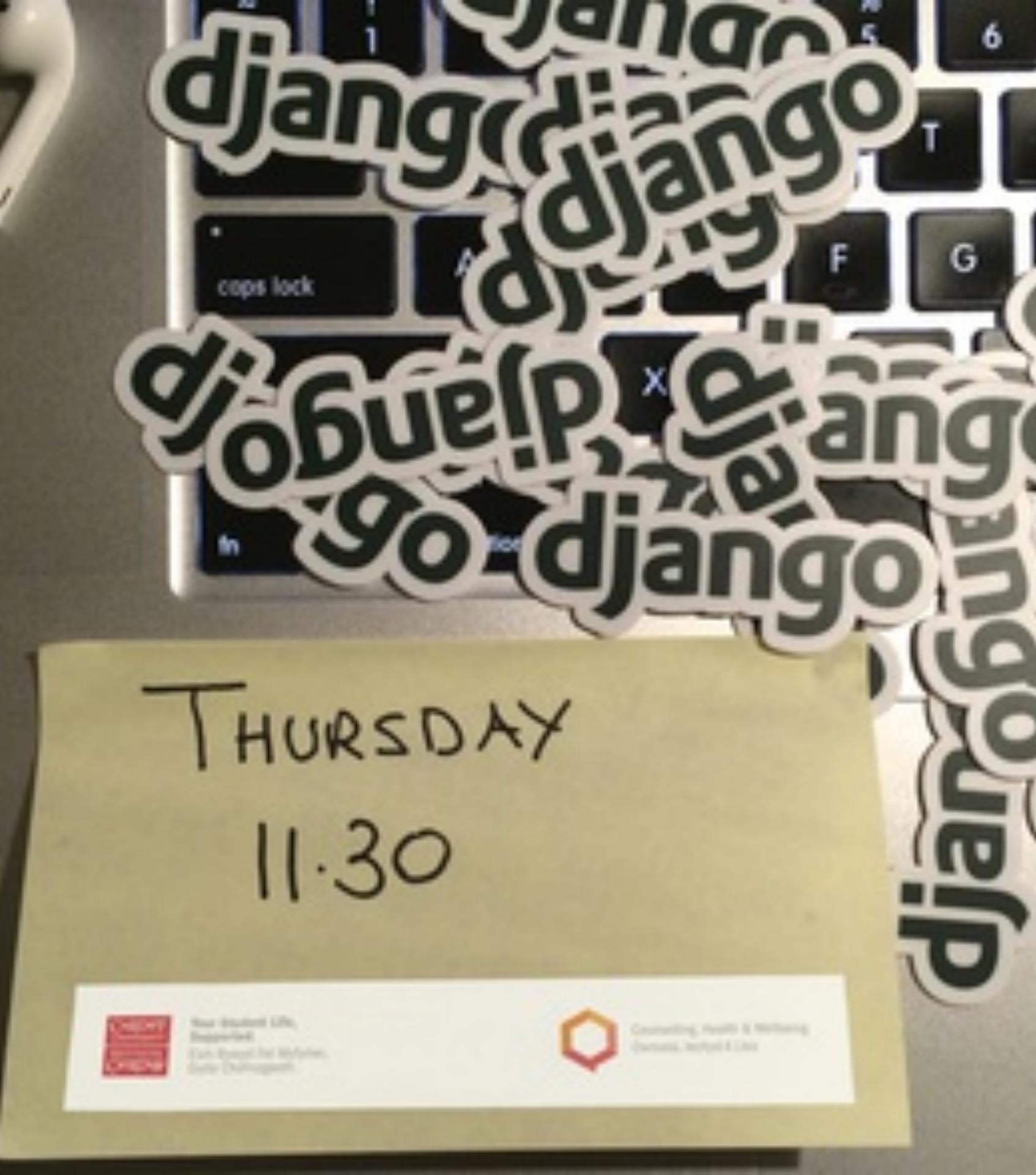
JUST *tired.* . . .

**THERE ARE OTHER PEOPLE *in this room*
WITH SIMILAR STRUGGLES.**

1 in 10

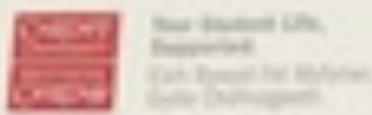
DJANGOCON EUROPE 2015

ATTENDEES SPOKE TO A COUNSELOR



THURSDAY

11:30



Counseling Health & Wellness
University Health & Life

"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
BUT WE *can* MAKE A DIFFERENCE.**



NONE OF US ARE
alone

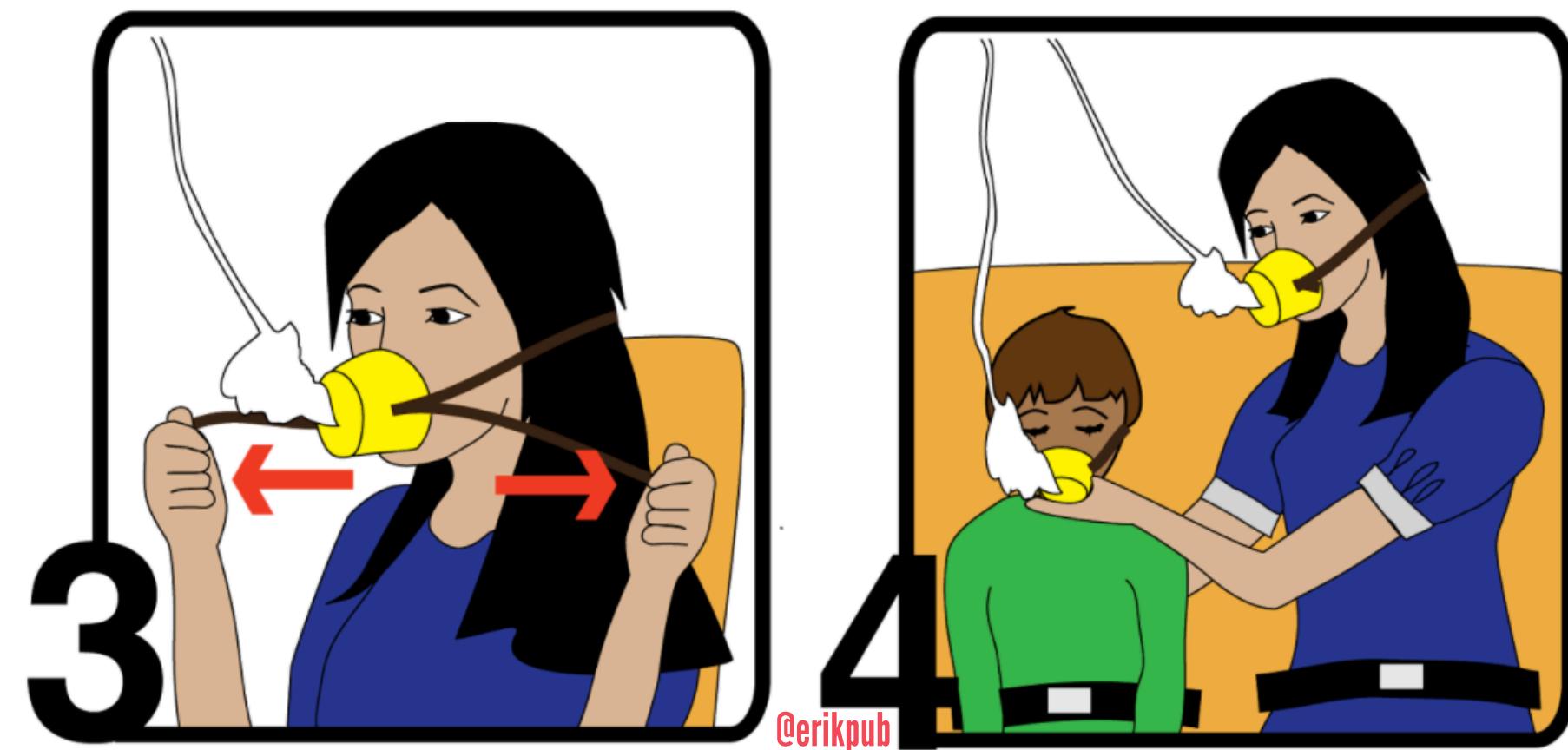
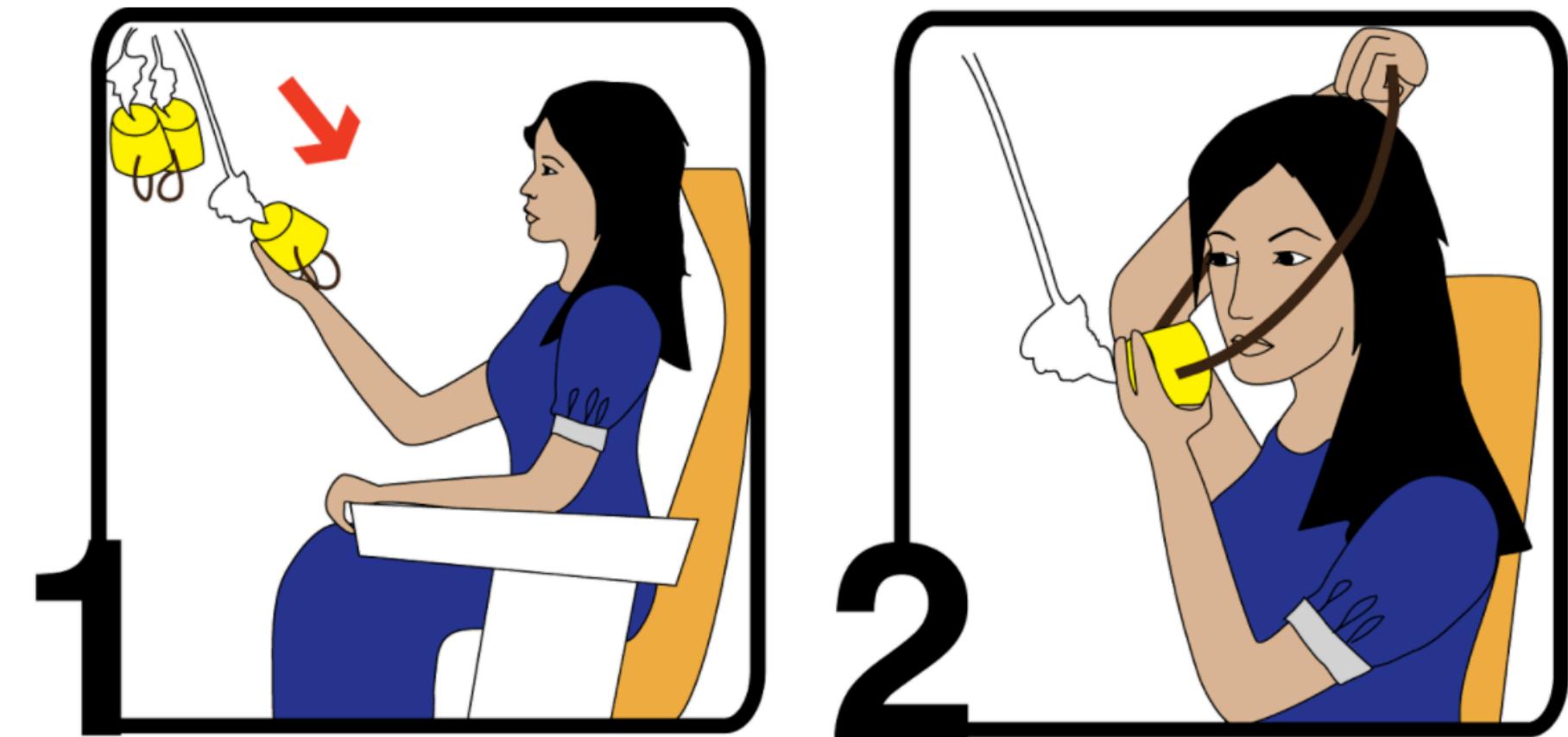
A photograph of a person's arm and hand reaching upwards against a blue sky filled with white and grey clouds. The hand is positioned palm-up, fingers slightly spread, as if reaching for something or someone.

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(ER)**

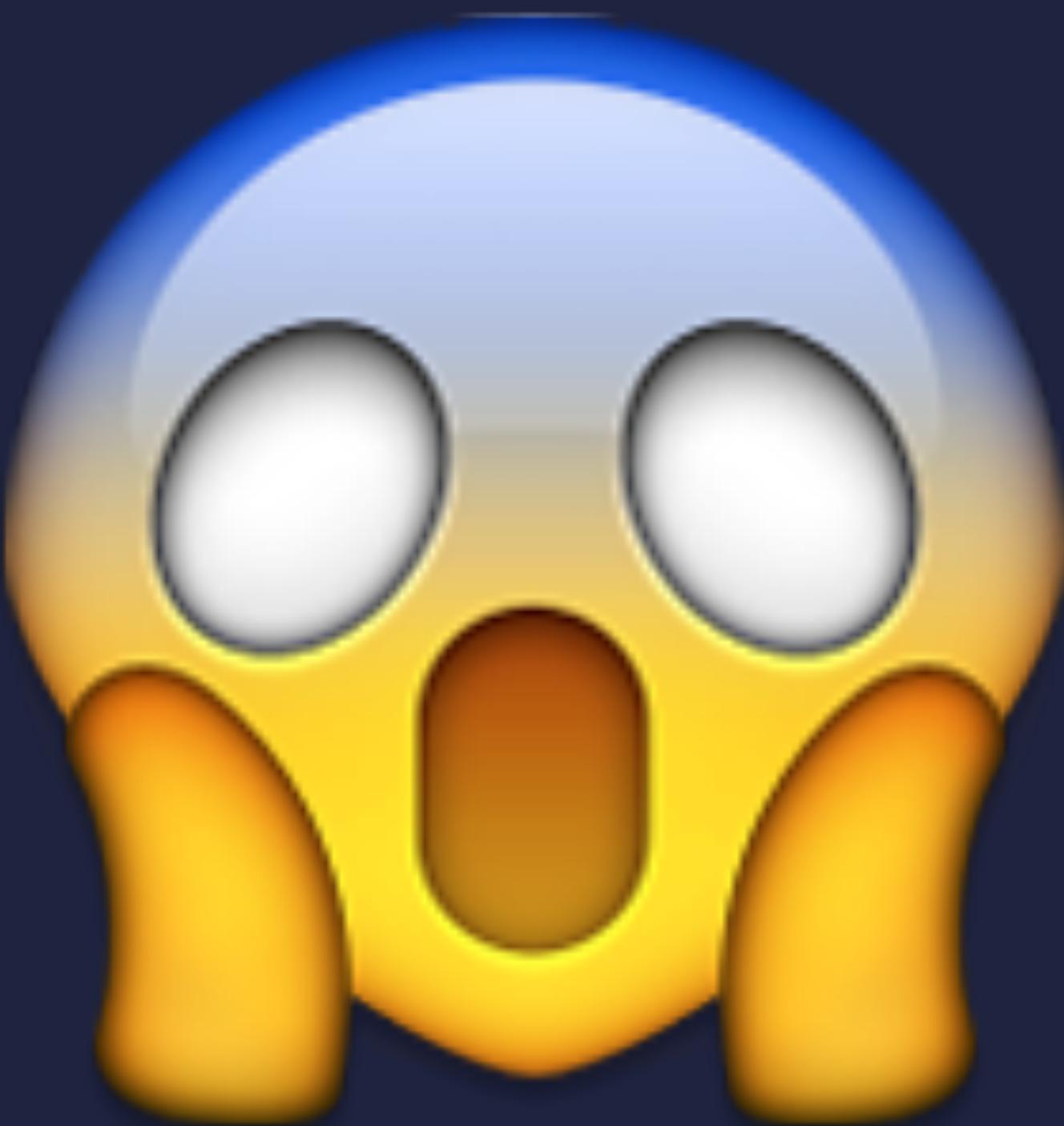


CHRONIC
THE PERILS OF OVERTHINKING

WHAT YOU DO ≠ WHO YOU ARE

Suffering
THROUGH OUR WORK
SERVES *nobody*

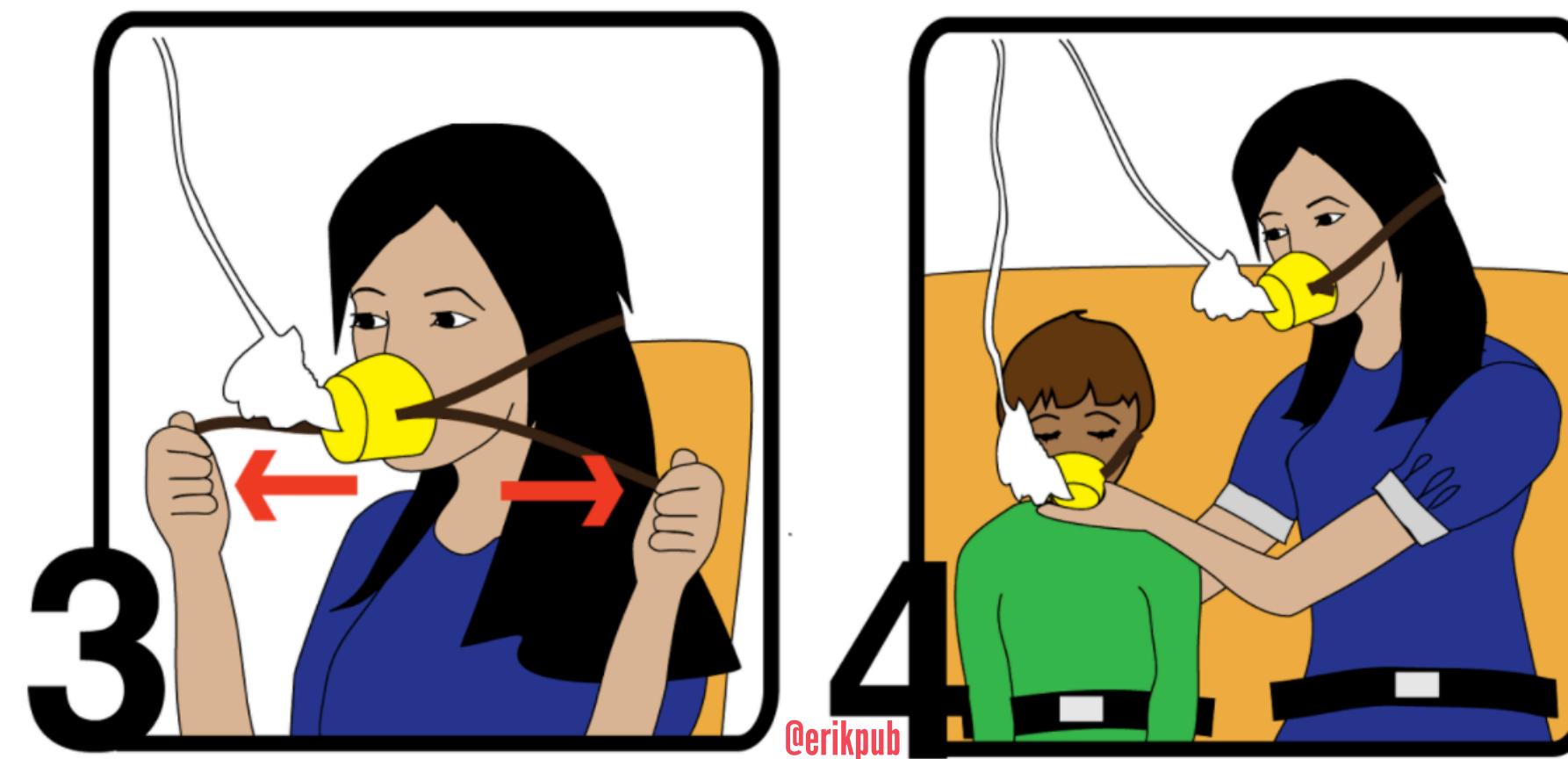
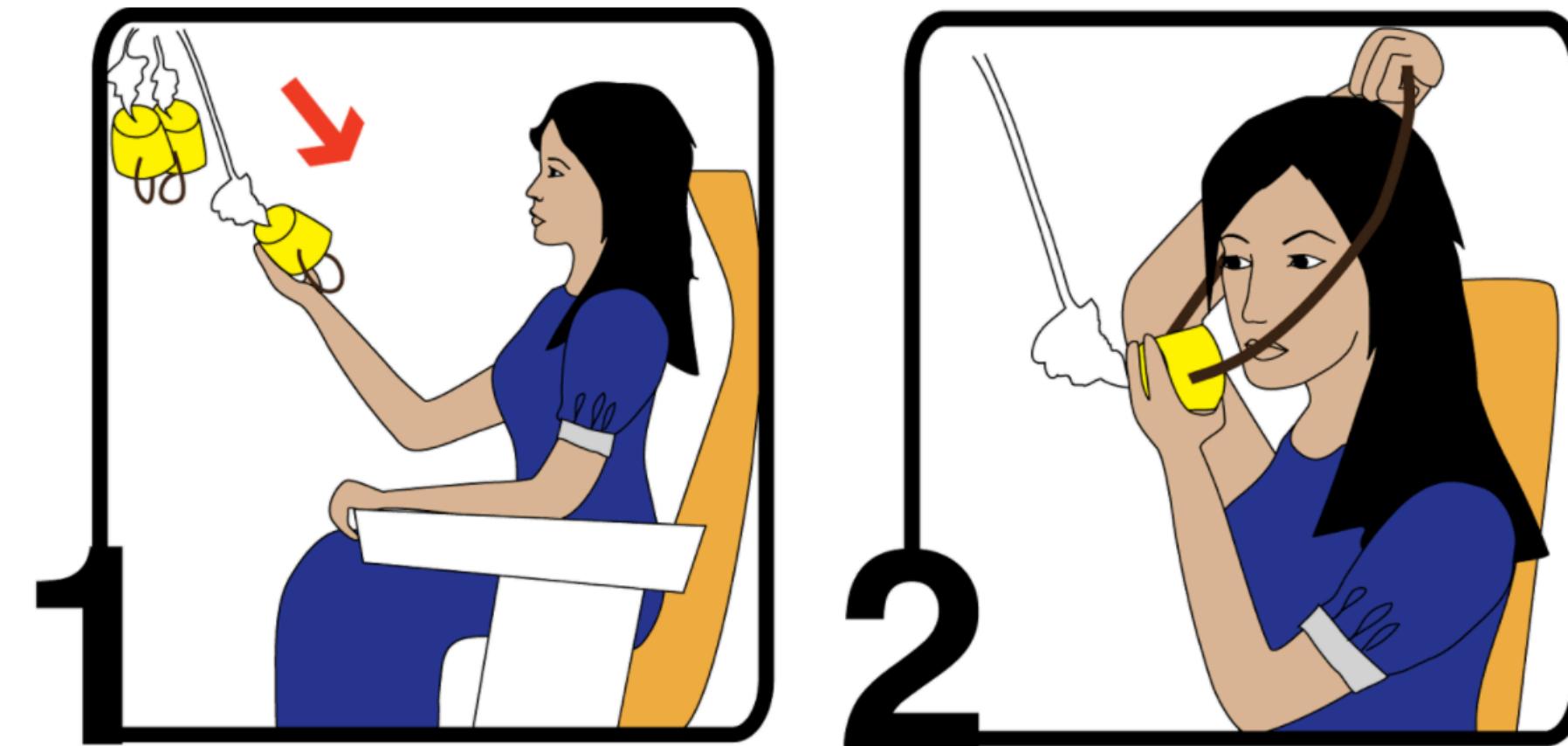
THE FEAR OF THE *unknown*



@erikpub



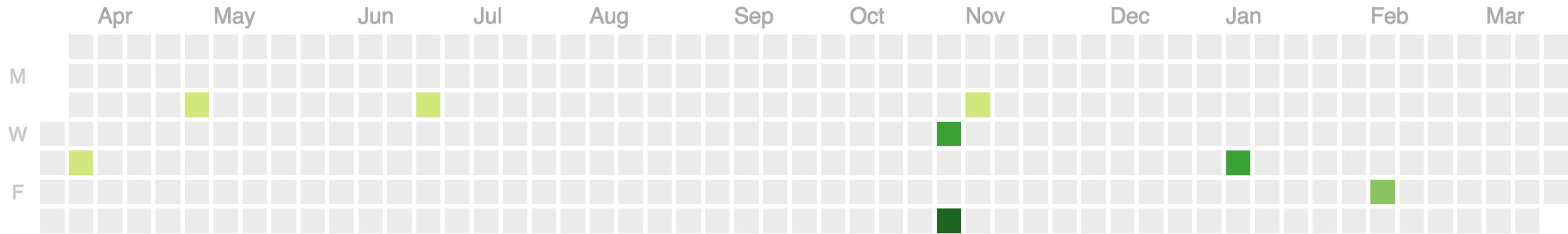
@erikpub



THIS MIGHT SOUND EASY
BUT MANY THINGS PUSH US TOWARDS

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



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

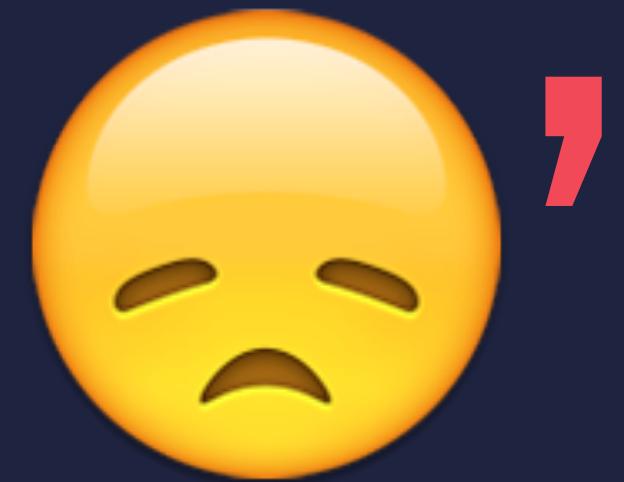
@erikpub

ASKING FOR HELP *is not*
THE SAME AS failing

(I KNOW OSTRICHES DON'T DO THIS)



**‘BUT IT DOESN’T
MAKE ANY SENSE’**



**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 WORK

@erikpub



@erikpub

A photograph of a group of people, mostly women, at a DjangoGurls event. They are cheering and holding large green pom-poms. The background shows a wall with balloons.

DjangoGurls

quiet rooms



HELPING PEOPLE FIND RECOVERY MEETINGS

DSTCOC 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

¹Proof-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



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 😊



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](#)

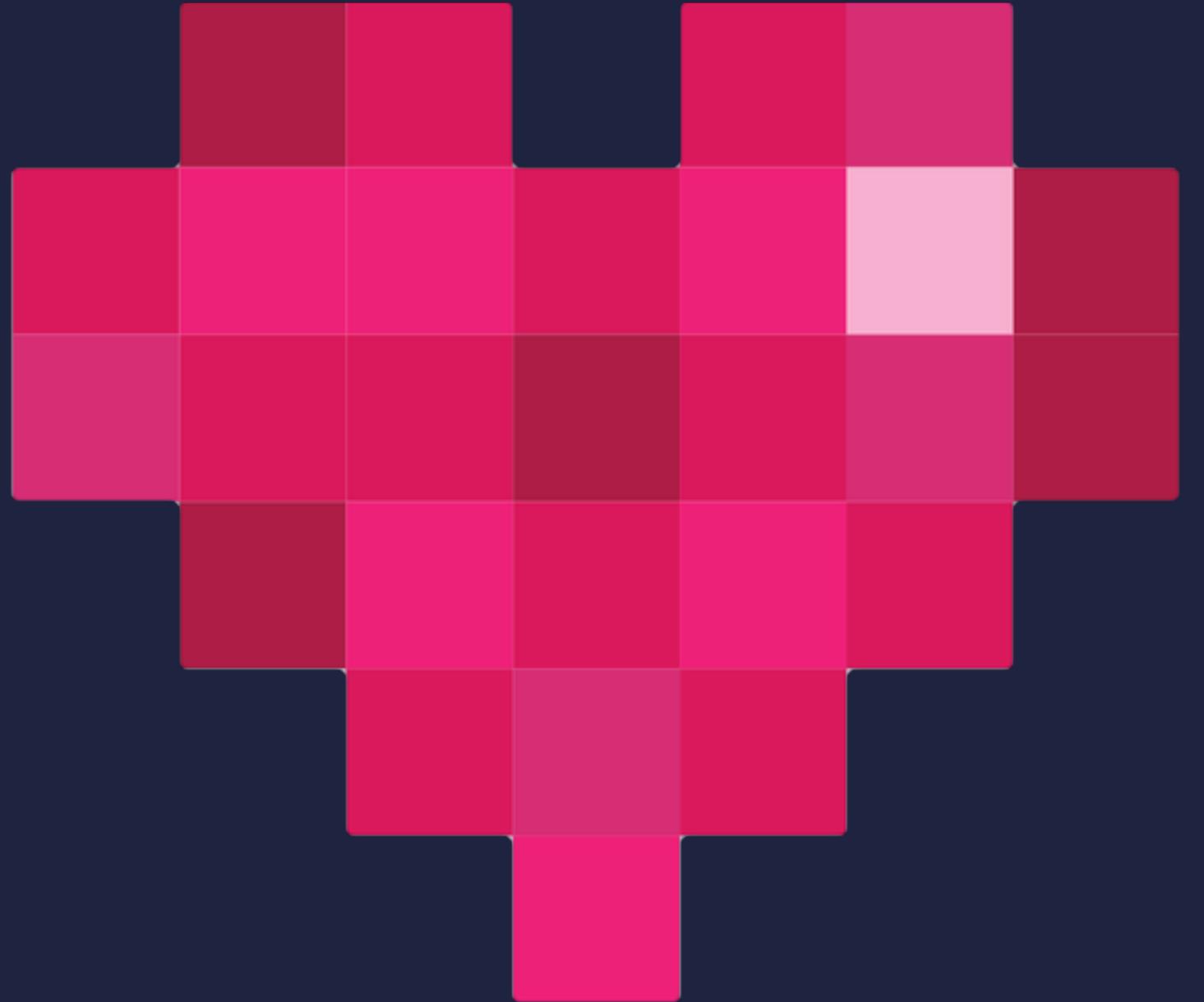


We made it!

HAPPINESS PACKETS
WWW.HAPPINESSPACKETS.IO
@HAPPINESSPACKET*

* @happinesspackets was too long for a twitter username 😞

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
ERIK@ERIK.IO