8 Lessons I Have Learnt Through My Mental Illness

(and How My Life Has Improved with WordPress)



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4

You've got to save yourself first before you can save others

You cannot make it alone



Rules do make sense

Code of Conduct

3. Expected Behavior

- · Be considerate, respectful, and collaborative.
- Refrain from demeaning, discriminatory or harassing behavior and speech.
- Be mindful of your surroundings and of your fellow participants. Alert conference organizers if you notice a dangerous situation or someone in distress.
- Participate in an authentic and active way. In doing so, you help to create WordCamp CITYNAMEHERE and make it your own.

4. Unacceptable Behavior

Unacceptable behaviors include: intimidating, harassing, abusive, discriminatory, derogatory or demeaning conduct by any attendees of WordCamp CITYNAMEHERE and related events. All

5. Consequences Of Unacceptable Behavior

Unacceptable behavior will not be tolerated whether by other attendees, organizers, venue staff, Harassment includes: offensive verbal comments related to gender, sexual orientation, race, religion,





It's never gonna be fine again



Judith Schröer 8

Do not let others define who you are



Find a community that supports you



Done is better than perfect



Speak up!



Am I successful?

Idon't

100.000 € employees house yacht car



Thank you for listening

Mental Health

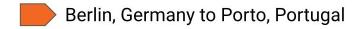
Common mental disorders (CMDs) comprise different types of depression and anxiety with symptoms including worry, anxiety, phobias, panic, compulsions, obsessions, sleep problems, forgetfulness, fatigue and irritability.

The directive of the WP&UP Mental Health Hub is to provide education, resources and support across a range of platforms to deliver a two part plan; firstly promoting recovery then leading to sustainable long term wellbeing for all members of the WordPress community.



WPandUP wpandup.org





Covering 3,000 km in 30-days

Crossing six countries

57,000 ft of hills to climb



Get in touch

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Judith Schröer 18