

8 Lessons I Have Learnt Through My Mental Illness

(and How My Life Has Improved with WordPress)



I am

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- Part of the WordPress Community Germany



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#CirculationProblems

#sadness

#depression

#sweating

#PTSD

#intrusions

#dizzy

#borderline

#WeightLoss

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

1



You cannot make it alone

2



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.



WORDPRESS

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

4



5

**Do not let
others
define who
you are**



Find a community that supports you



6

Done is better than perfect



Speak up!

8



Am I successful?

I don'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.



WP_{and}UP
wpandup.org

#HeadTo WCEU

headto.org

➤ Berlin, Germany to Porto, Portugal

➤ Covering 3,000 km in 30-days

➤ Crossing six countries

➤ 57,000 ft of hills to climb



Get in touch

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