

INVEST IN WORDPRESS BY INVESTING IN YOURSELF

The State of Wellness in the
WordPress Community

Just one more pixel
to the left...



Just a few more words
and I can press publish!



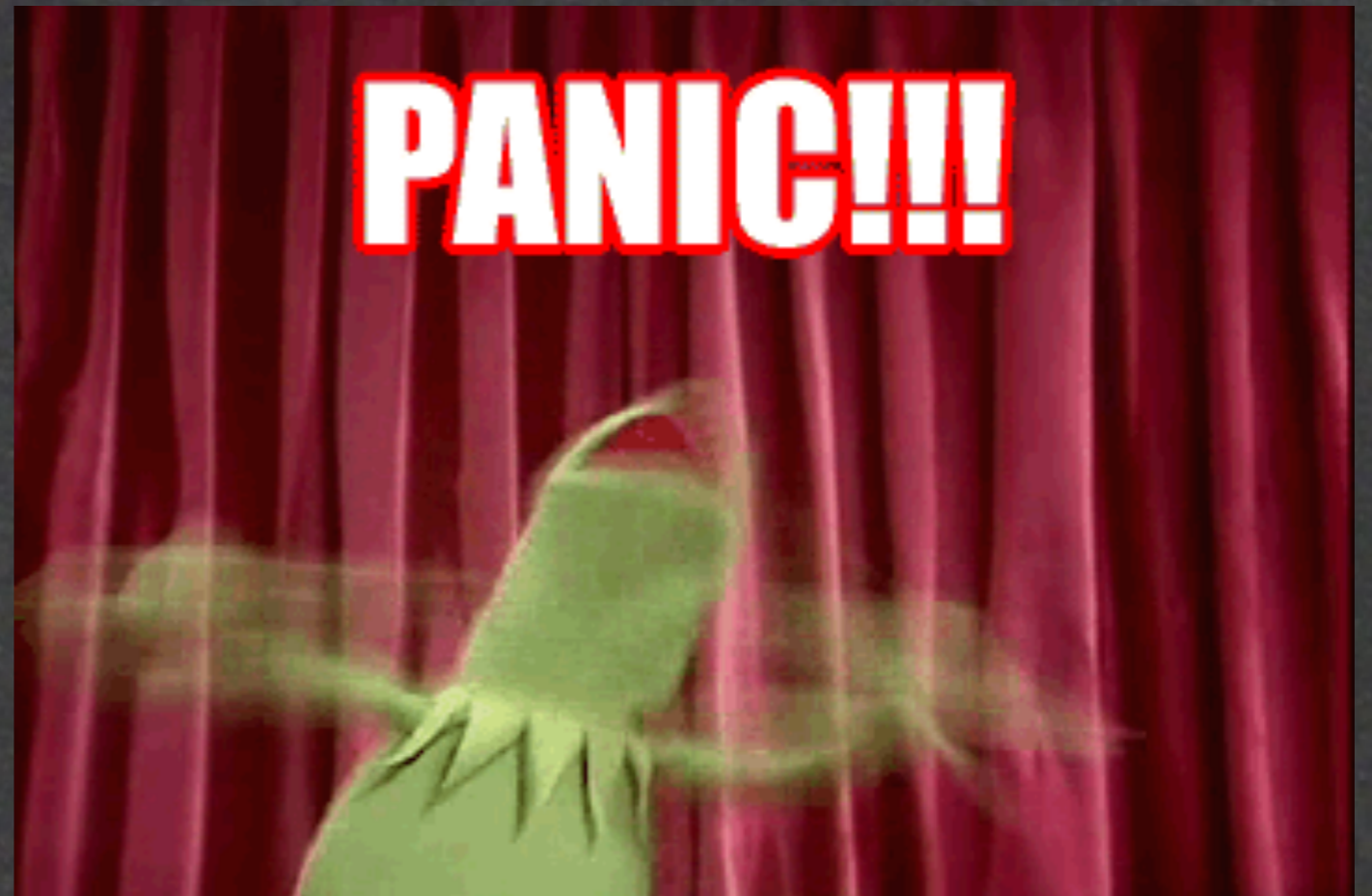
That's my project!
No, that's my project!



I WILL get the client
to understand...



Different struggles,
same dilemma!



Sunshine
& Success

Everything
is Awesome!



The Iceberg

Struggle
& Suffering

Insecurity,
Fear, Doubt, Hurt,
Suffering, Pain,
Depression

#PressNomics4

@corymiller303

WHY DOES THIS MATTER?

I am just like you, not a trained
mental health professional.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

- The World Health Organization

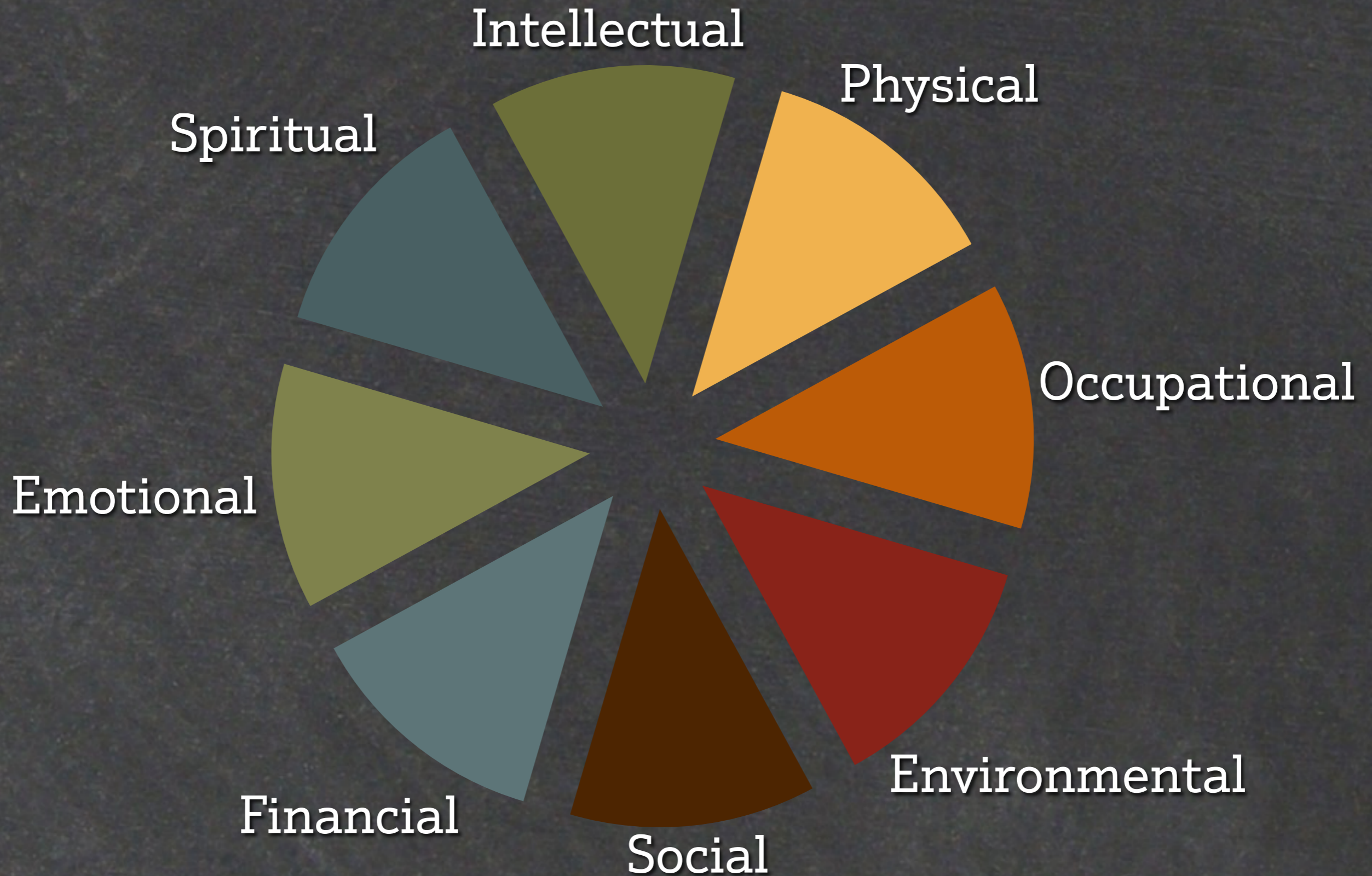
Webster's Dictionary
defines wellness as

the quality or state of being in
good health

ESPECIALLY

as an actively sought goal

The Eight Dimensions of Wellness



GIVE BACK TO WORDPRESS

FIVE FOR
THE
FUTURE



GET INVOLVED!

Get Involved with WordPress!



make.wordpress.org

**GIVING BACK
COMES AT A PRICE!**

INVEST IN YOURSELF!

#wpmom



Be like Kim every day!

Take a few minutes to do what #wpmom would have reminded you to do for yourself (eat, walk, sleep!)

Then take a few minutes to check on someone else and make sure they are doing the same

Tweet about it & use the hashtag!

Resources:

mhprompt.org - Mental Health
in tech

devpressed.com - Online
support for developers

osmihelp.org - Open Source
Mental Health organized by Ed
Finkler (@funkatron)

mentalhealthfirstaid.org -
Mental Health First Aid Training

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