

Stress and depression - a taboo in our time

Goto Copennhagen 2017

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GOTO Copenhagen 2017
Conference Oct. 1-3, 2017



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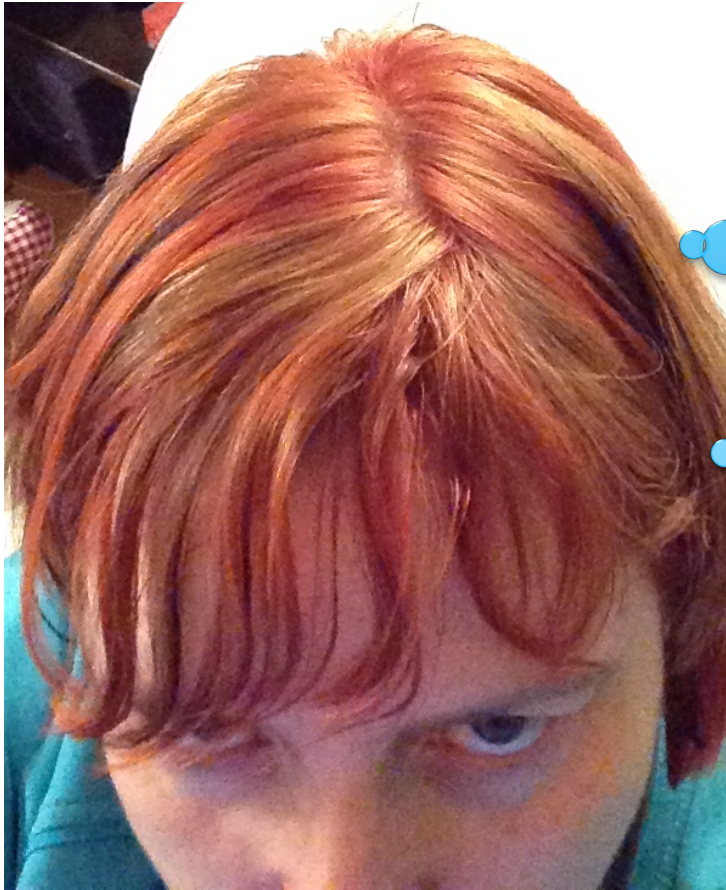


Why am I here?

How does stress show?

It depends!

How did it feel for me?



If this
continues I
will literally
die

?

How did my brain feel?



My emotional state



Why are knowledge workers so affected?

- * Always more to do than we can manage
- * We like our jobs
- * Impostor syndrome
- * No tangible work
- * No natural limits to our work
- * **Maybe that we value doing more than being in today's world** (thanks @fotografritz for inspiration)

What can I do?

A few tips – some I even tried

- * Say no
 - * Even if you already agreed
- * Plan preparation time
- * Relax your brain
 - * Meditation
 - * Mindfulness
- * Exercise
- * Ask for help
- * Take time off





What can I do to help others?

DON'T

- * Say
 - * Pull yourself together
 - * Many people are worse off than you
 - * You have no reason to be depressed/stressed
 - * It's all in your head
- * Ignore them
- * Don't give unfounded advice

Do

- * Offer your help – subtle
- * Listen (grow your ears and open your heart)
- * Tell them to go to a professional
- * Respect what they feel
- * Include people
- * Care



Eeyore



Wrap-up

- * Ask for help
- * Offer help
- * Talk to each other
- * Care



I love connecting :)

Feel free to contact me:



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XING



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Thank you!



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Links

- * **World Mental Health Day**

- <https://www.youtube.com/watch?v=do8mqz6XmTE>

- * Living with a black dog

- * <https://www.youtube.com/watch?v=2VRRx7Mtep8>

- * I had a black dog, his name was depression

- <https://www.youtube.com/watch?v=XiCrniLQGYc>

- * Inclusive collaboration

- <http://inclusive-collaboration.org>