Stress and depression
- a taboo in our time

Goto Copenhagen 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

YOU ARE FANTASTIC!
YOU ARE A GENIUS MAN!
YOU REALLY BRIGHTEN MY DAY.

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YOU'RE AN INSPIRATION.
YOU ROCK!
YOU ARE A GREAT GUY!
YOU CAN BE A JERK SOMETIMES.
YOU'RE SO FUNNY!
TOO EBAYER AT++

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www.deathbulge.com
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
  - Mindfullness
- Exercise
- Ask for help
- Take time off
What can I do to help others?
DON’T

* Say
  * Pull yourself together
  * Many people are worse of than you
  * You have no reason to be depressed/stressed
  * Its 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
Wrap-up

- Ask for help
- Offer help
- Talk to each other
- Care
I love connecting :) 

Feel free to contact me:

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Please
Remember to rate this session
Thank you!
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