The Most Important UI: You

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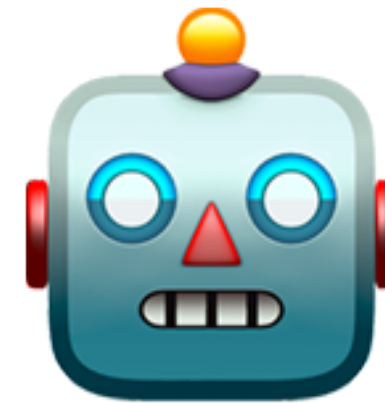
bit.ly/self-care-talk-resources

@carolstran

…the space where interactions between humans and machines occur.

Wikipedia

…the space where interactions between **_humans_** and machines occur.

Wikipedia

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the machines

🤖

The humans behind the machines

👩‍💻

Self-care in Tech

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What is self-care?

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A self-initiated, *deliberate* act to establish and maintain physical, mental and emotional health.

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Self-care

🙅‍♀️

Selfish

Self-care

🙅‍♀️

Luxury

Self-care

🙅‍♀️

Bath bombs & face masks

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Self-care

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Bath bombs & face masks

Lack of self-care is a problem in tech

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We're allowing the culture we're creating to make exhaustion a badge of honor.

Jennifer Parsons
Founder, selfcare.tech

Outcomes of self-care

Burnout prevention & recovery

Increased productivity

Positive working atmosphere

Better emotional & physical health

So much more!

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Building your own self-care toolkit

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Step 1:

Identify your needs

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Check-in with yourself

Have you eaten in the last four hours?

Yes. Next question!
I could use a snack.
No, I need a meal.

You Feel Like Shit

bit.ly/youfeel-likeshit

Self-care checklist

bit.ly/care-checklist

Check the items you can honestly say are true for you.

ENVIRONMENT

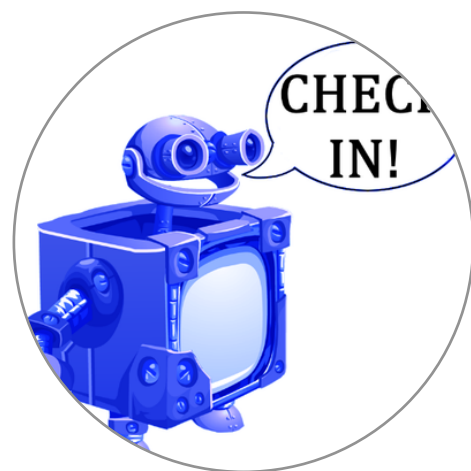o   Is your office organized so you can find things easily?

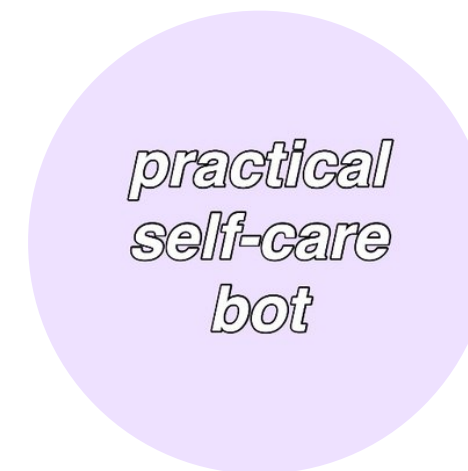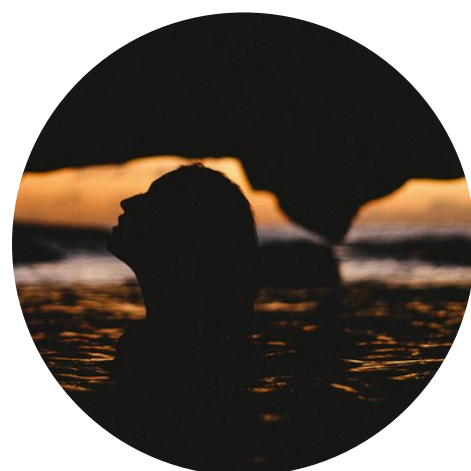o   Are your work spaces pile-free?

"Hire" a Twitter bot

@tinycarebot
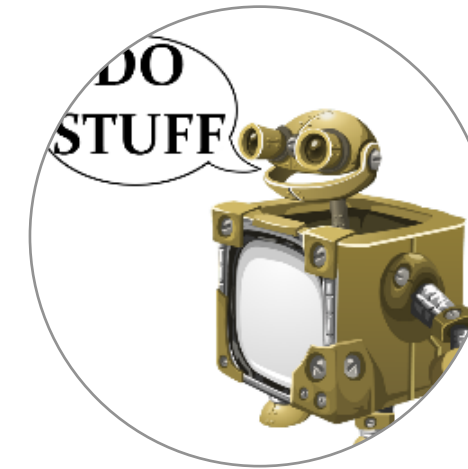
@DOTHINGSBOT

@check_o_tron

@everydaycarebot

@selfcare_bot

@yayfrens

Step 2:
Find resources

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About this site

A while back I had a minor wake up call. I wasn't taking care of myself and and my body told me so in no uncertain terms. The experience started me thinking about how important self care is, and how little we pay attention to it in the tech community.

So often I see developers ignoring their basic needs for rest and refreshment. I started this site to provide a central location to find links that will help us all take better care of ourselves.

Not a developer or involved in tech? You deserve to take time for self-care, too! You don't have to be in tech to contribute and use these links.

I also wrote a post on medium to dig a little deeper into why I made this site: I won't tell you to stop working, but I can try to help you not burn out

Contributing to the site

Have a link to share? Submit a pull request!
This project is intended to be a living, breathing resource.

contribute a link

selfcare.tech bots

I made a few bots if you'd like to follow them. There are reminders for selfcare practice and the occasional link as well.

twitter   mastodon

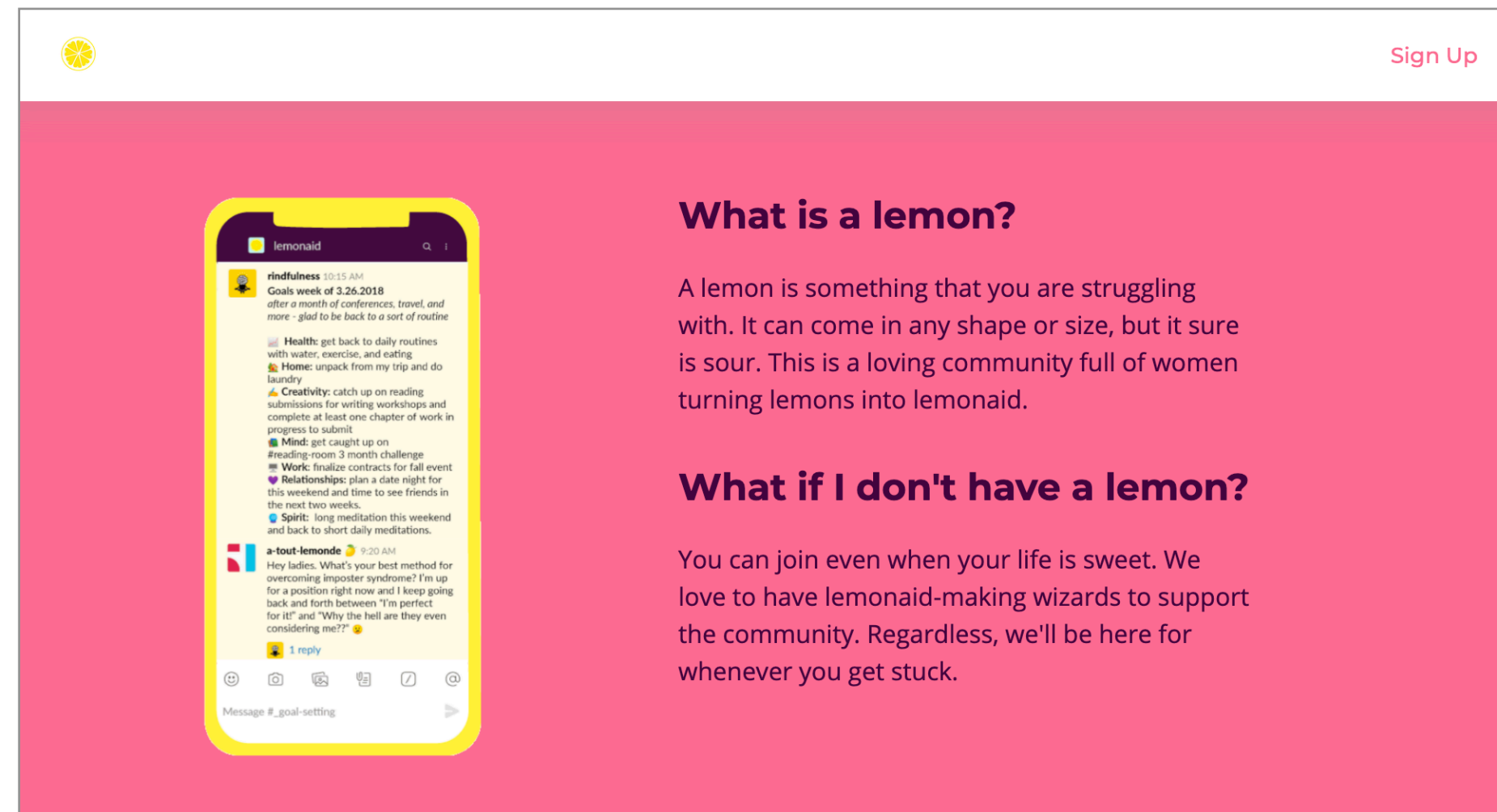# Step 3:

Create a community

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Within your workplace

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Managers set the tone

👩‍💼

Join a community online

LemonAid

lemonaid.io

What is a lemon?

A lemon is something that you are struggling with. It can come in any shape or size, but it sure is sour. This is a loving community full of women turning lemons into lemonaid.

What if I don't have a lemon?

You can join even when your life is sweet. We love to have lemonaid-making wizards to support the community. Regardless, we'll be here for whenever you get stuck.

CodeNewbie Slack

codenewbie.org

Finally:

Make it a habit

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Challenge yourself
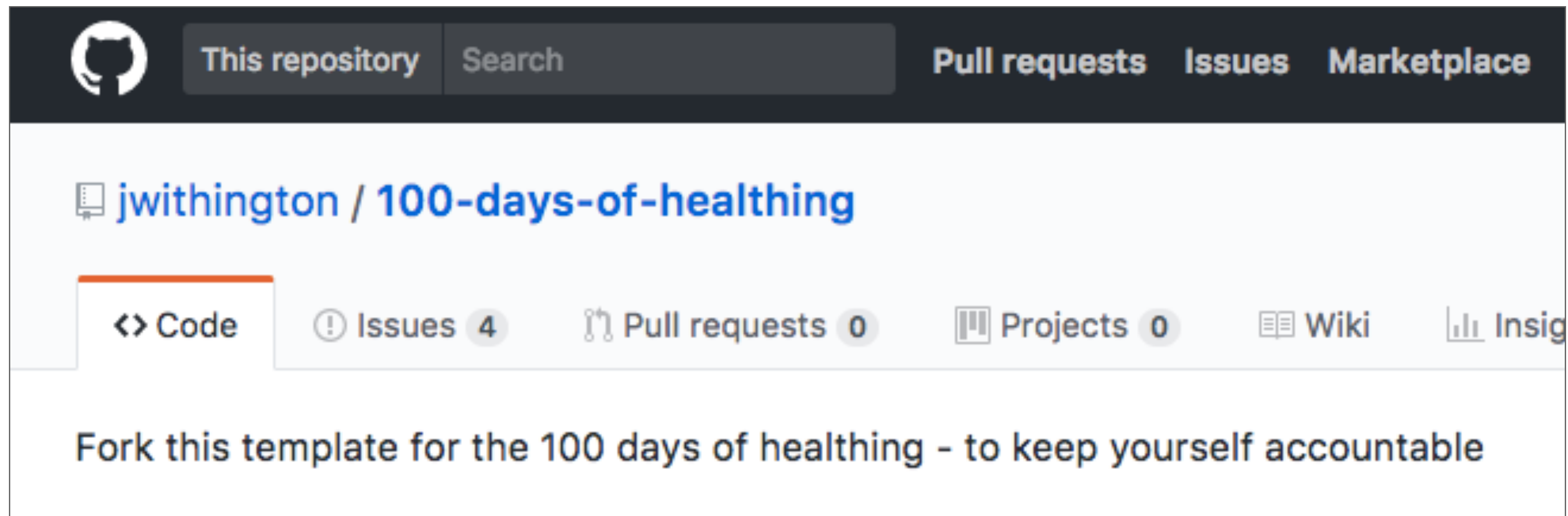
100 Days of Healthing

bit.ly/100-days-healthing

Be kind to yourself

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Some of my favorite self-care tools

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Online therapy

It's Complicated
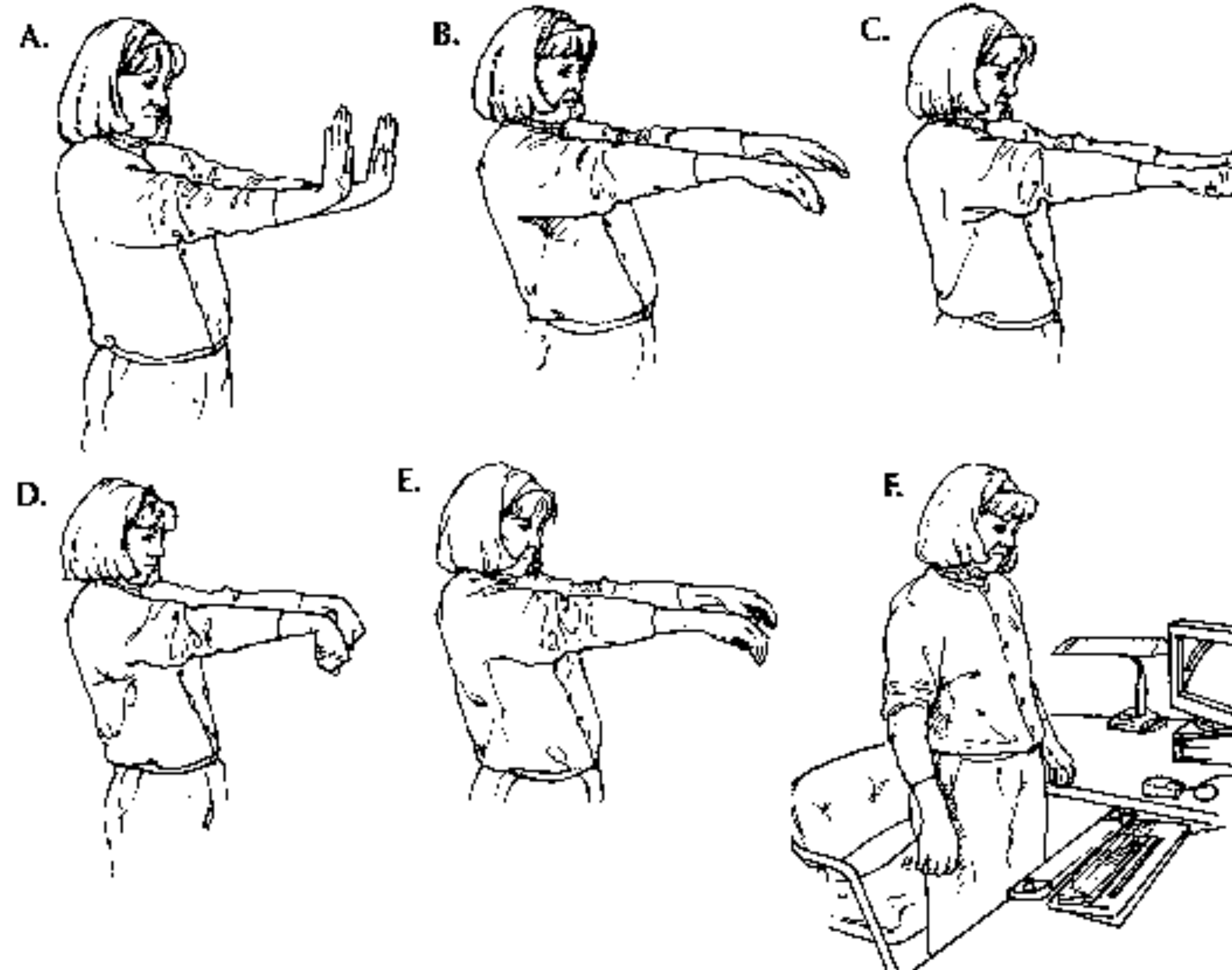
complicated.life

Talkspace

talkspace.com
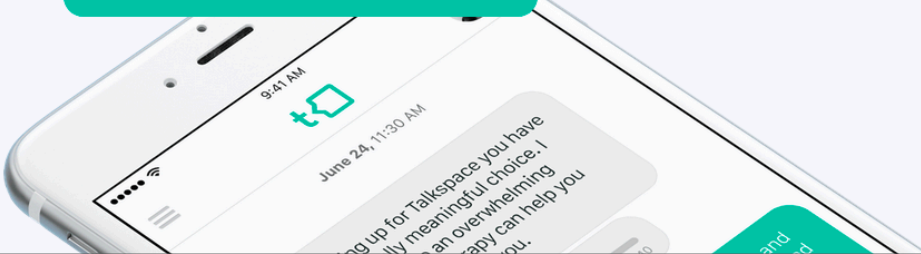
Aloe iOS app

aloebud.com
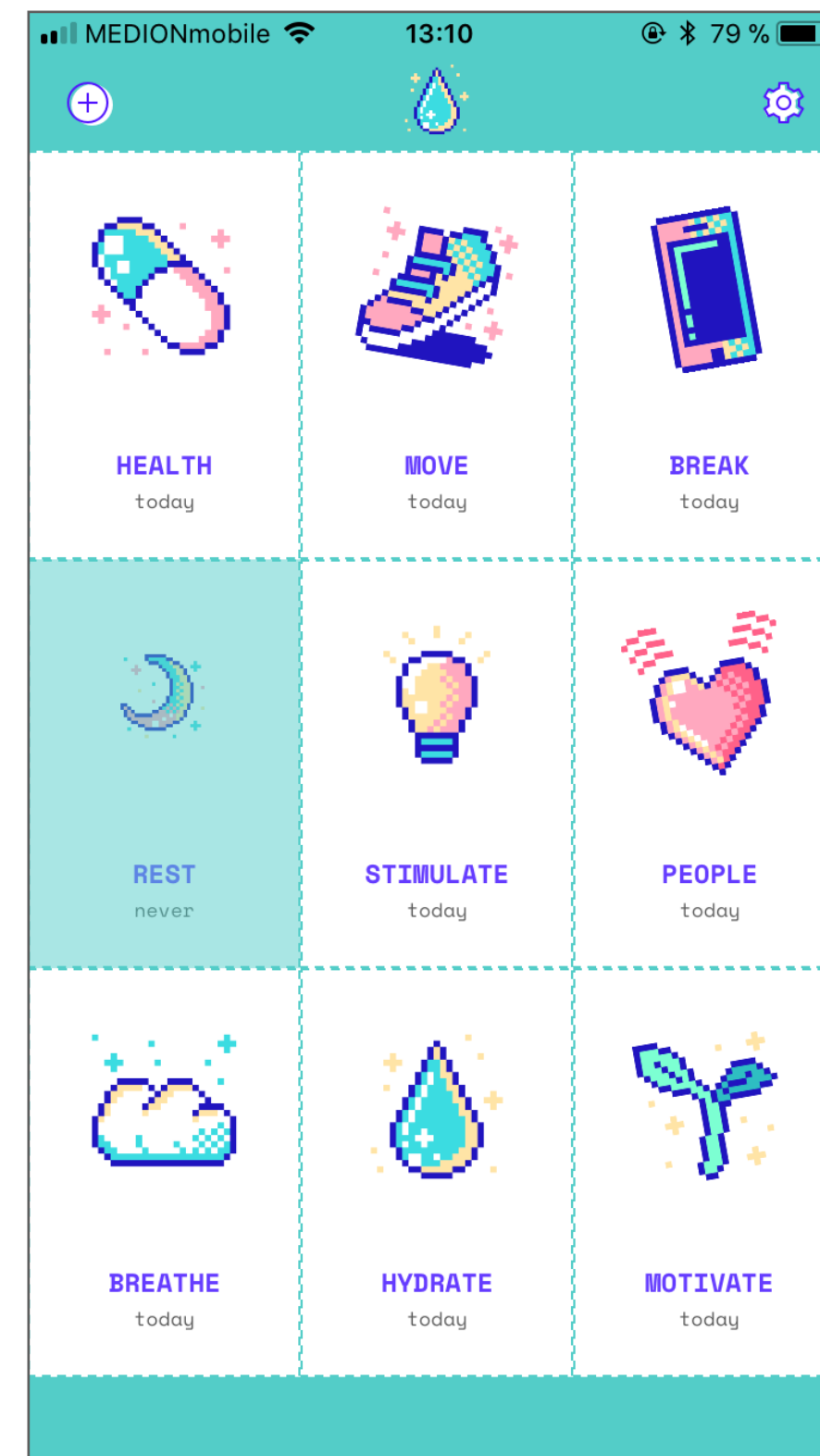
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Programming Your Hands

bit.ly/programming-hands

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Yoga with Adriene

yogawithadriene.com

Burnout Prevention

burnout.io

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What have I done today that feels nourishing, supportive & inspiring for my well-being?

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bit.ly/self-care-talk-resources

#selfcare on Discord

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