

The Most Important UI: You



bit.ly/self-care-talk-resources

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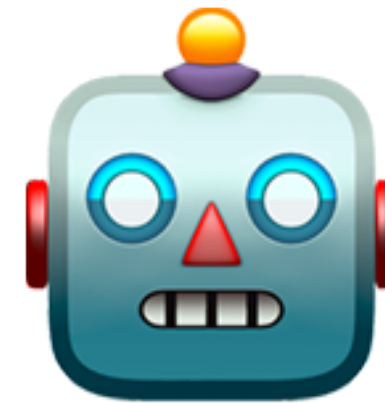
...the space where interactions
between humans and machines
occur.

Wikipedia

...the space where interactions
between *humans* and
machines occur.

Wikipedia

the machines



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The humans behind the machines



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Self-care in Tech



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What is self-care?



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

Self-care



Selfish

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Self-care



Luxury

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Self-care



Bath bombs & face masks

Self-care



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!

Building your own self-care toolkit



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Step 1:

Identify your needs



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.

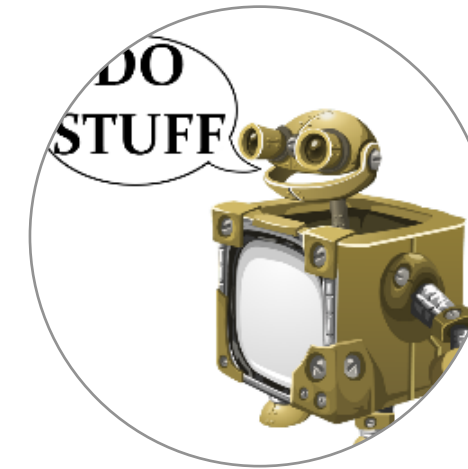
ENVIRONMENT

- o Is your office organized so you can find things easily?
- o Are your work spaces pile-free?

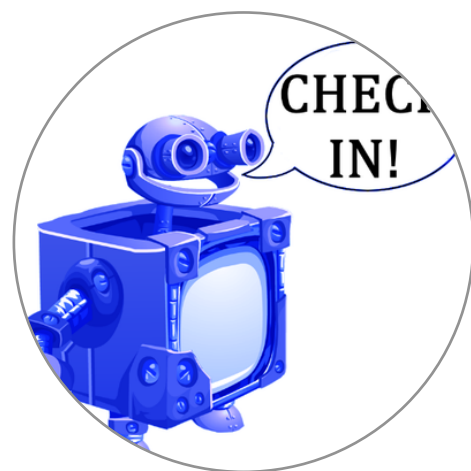
“Hire” a Twitter bot



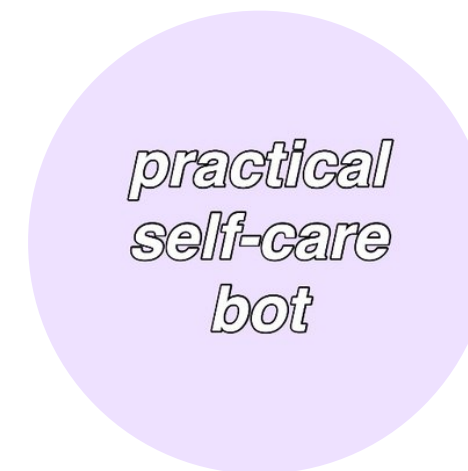
@tinycarebot



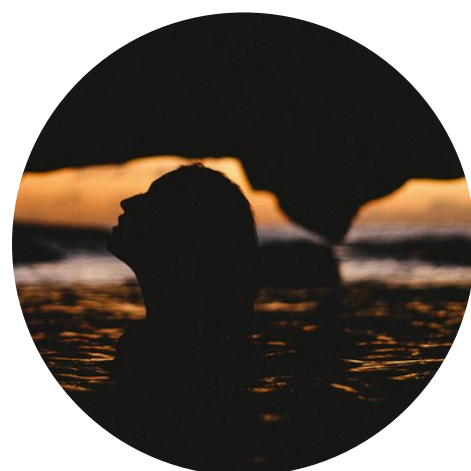
@DOTHINGSBOT



@check_o_tron



@everydaycarebot



@selfcare_bot



@yayfrens

Step 2:

Find resources



About this site

A while back I had a minor wake up call. I wasn't taking care of myself 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



Within your workplace



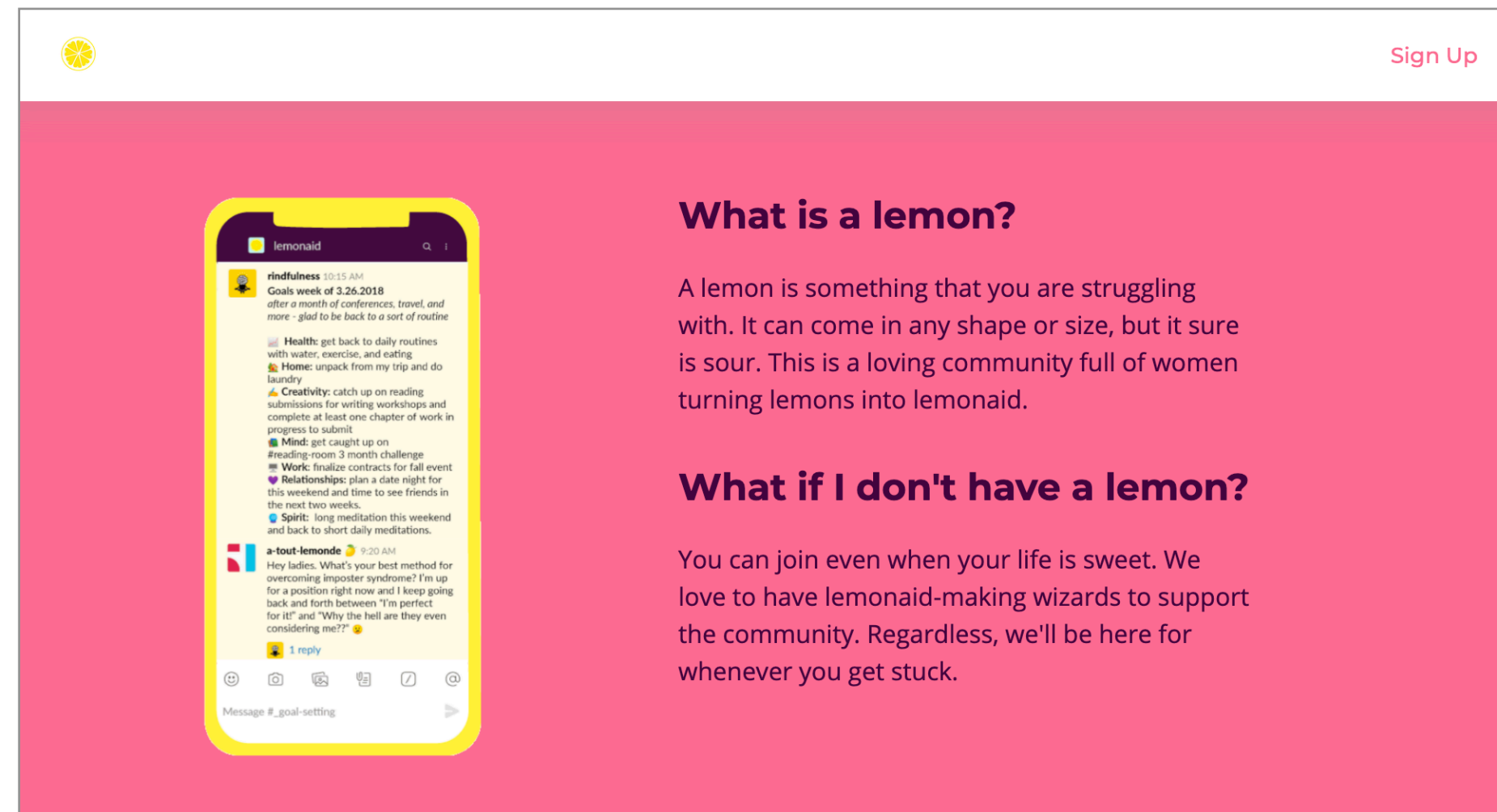
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Managers set the tone



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Join a community online



LemonAid

lemonaid.io

CodeNewbie Slack

codenewbie.org

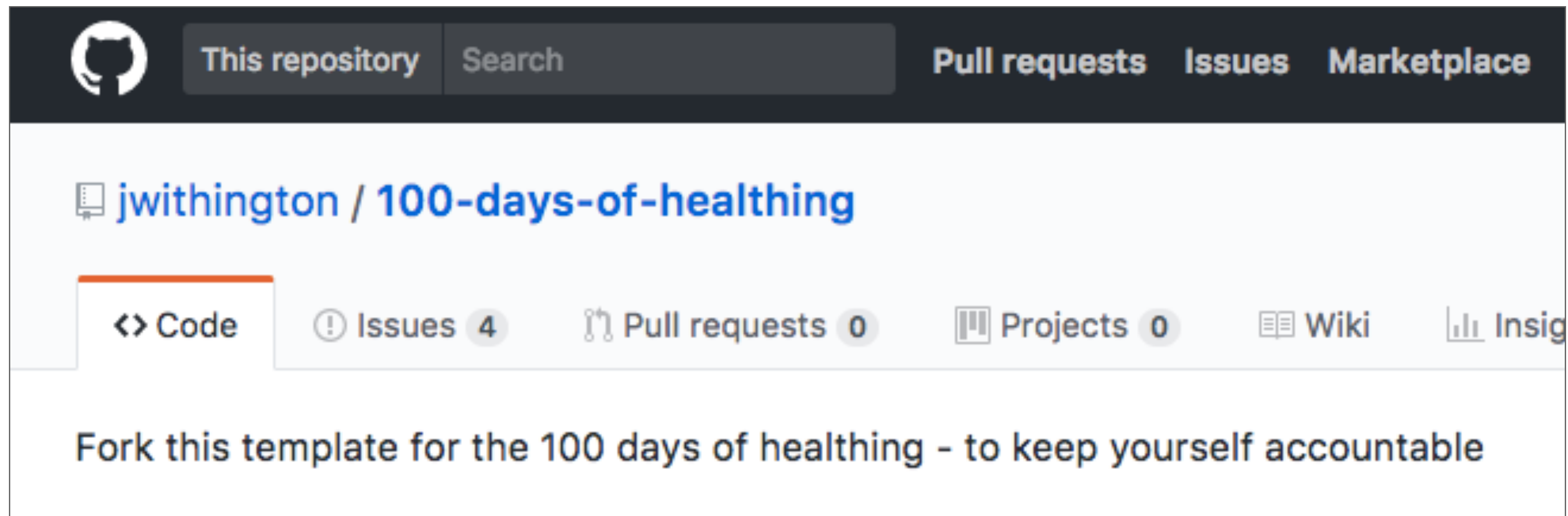


Finally:
Make it a habit



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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

Life is complicated.
Finding a therapist shouldn't be.


We're simplifying your search for the right counsellor. No matter what type of counselling you are looking for, It's Complicated offers a safe space to connect with a practitioner in person or for **online counselling**.

[Find your counsellor](#)



It's Complicated
complicated.life

Talkspace
talkspace.com

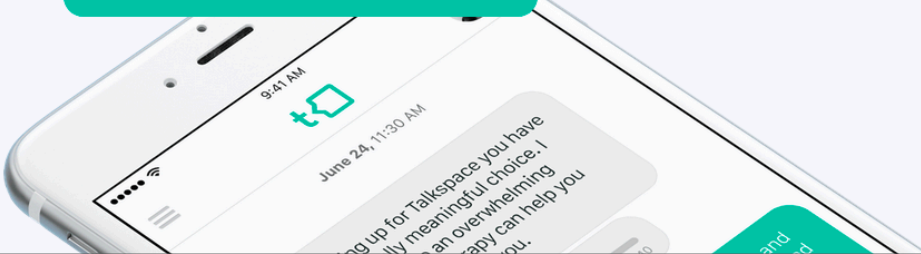


[HOW IT WORKS](#) [PSYCHIATRY](#) [DIGITAL EAP](#) [BUSINESS](#) [BLOG](#) [LOG IN](#) [SIGN UP](#)

Unlimited Messaging Therapy™

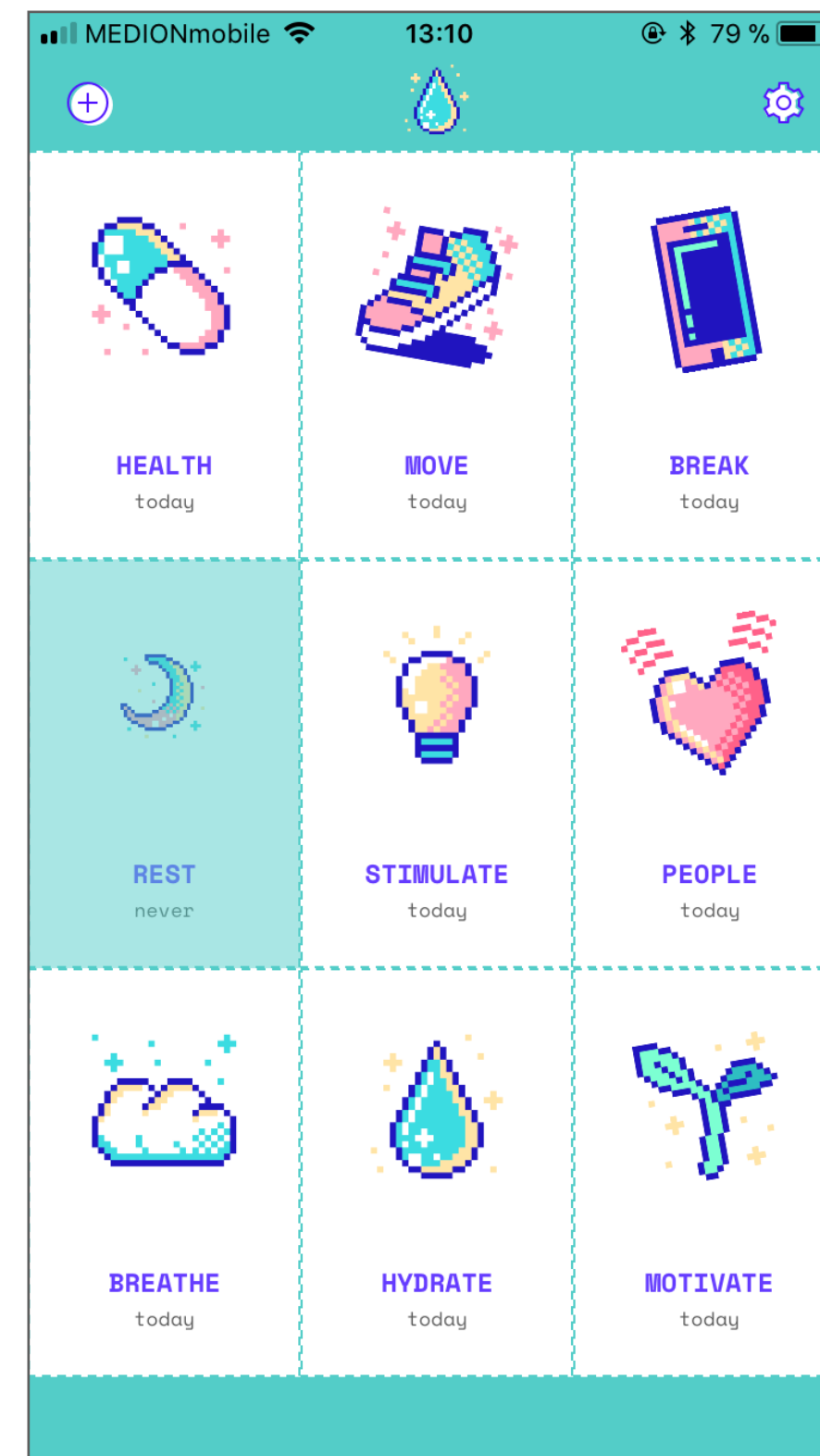
Emotions can't be scheduled. With Unlimited Messaging Therapy™ you can message your personal licensed therapist exactly when you feel like it. Start improving your life today for as little as **\$65/week**.

[Start chatting](#)



Aloe iOS app

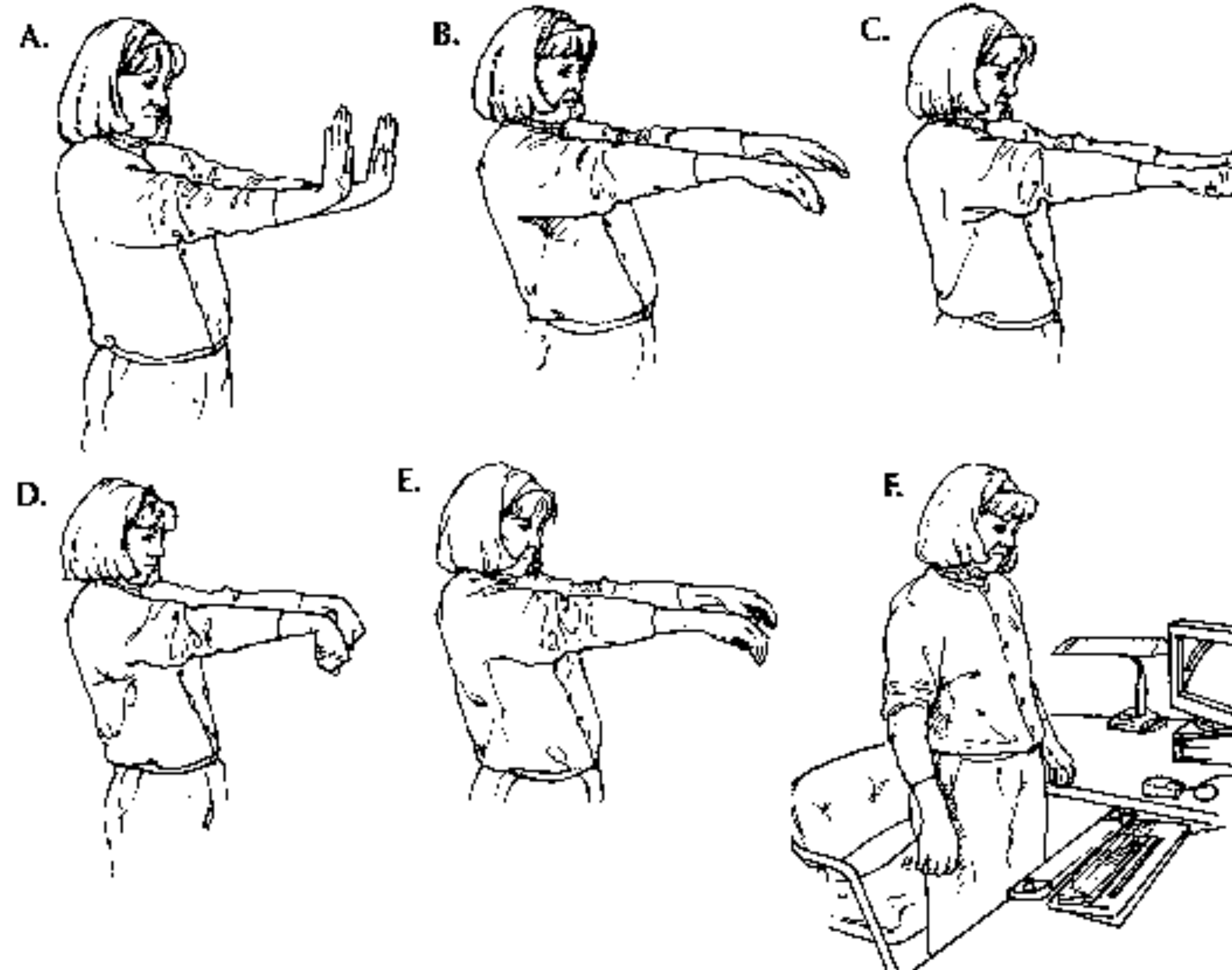
aloebud.com



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Programming Your Hands

bit.ly/programming-hands



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Yoga with Adriene

yogawithadriene.com

YOGAwithADRIENE

ABOUTCALENDARBLOGFREE YOGA VIDEOSEVENTSCOURSESSEARCHShop

CommunityFWFG Yoga

YouTubeFacebookTwitterInstagram

This Month... Our Community Theme is NURTURE

On a mission to get the tools of yoga into schools and homes, Adriene hosts the YouTube channel, [Yoga with Adriene](#), a global online community of over 6 million subscribers.

Yoga for Vulnerability | Move #withme | Yoga With Adriene

Watch laterShare

Yoga for VULNERABILITY

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Burnout Prevention

burnout.io

[home](#) burnout.io
latest

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[More Ideas](#)
[Resources](#)
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Docs » Burnout.io

[Edit on GitHub](#)

Burnout.io

“**Burnout** is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress.” It manifests itself in ways including anxiety, loss of motivation and confidence, and even degradation of physical health. Burnout can be prevalent in organizations that promote **hero culture** and where employees maintain a strong **sense of duty** or feel they have no alternatives in the employment market.

Summary

The following seems to be a reasonable approach to figuring out work-related burnout:

Determine if the causes are localized (self-inflicted). Determine if the causes are external (management, work environment, etc.) and if it can be changed. Find someplace new if the issues can't be fixed.

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



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#selfcare on Discord



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