Balance is Key

Relationships Hobbies (KDE)

Experience Life

Work
Learn to say No
Important Things

- SLEEP
  - Have lots of good one

- Healthy Lifestyle

- Friendships
  - Have them

- Reflect
  - Reflect on your own state of mind
Be mindful to get something out of your KDE work!

- **Enjoyment**: If you don't enjoy a task, take a step back.
- **SLEEP**: Don't lose sleep over problems.
- **Community**: Find your sub group within KDE.
- **Distance**: Sometimes you need it.
Bandwidth
Know your limits and keep them. Do not stress your bandwidth, even when you think it’s going to be fun.

Break
It’s OK to take not do anything for a couple years. KDE loves you all the same.

Free
Be free. Do not over plan your life at any cost. Live a bit on the edge every once in a while.

Cutting Back
When you stop enjoying something → lose/cut it. In particular that applies to mailing lists, and bikeshed discussions.
# This can be a Good Thing

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- Akademy
Thank You