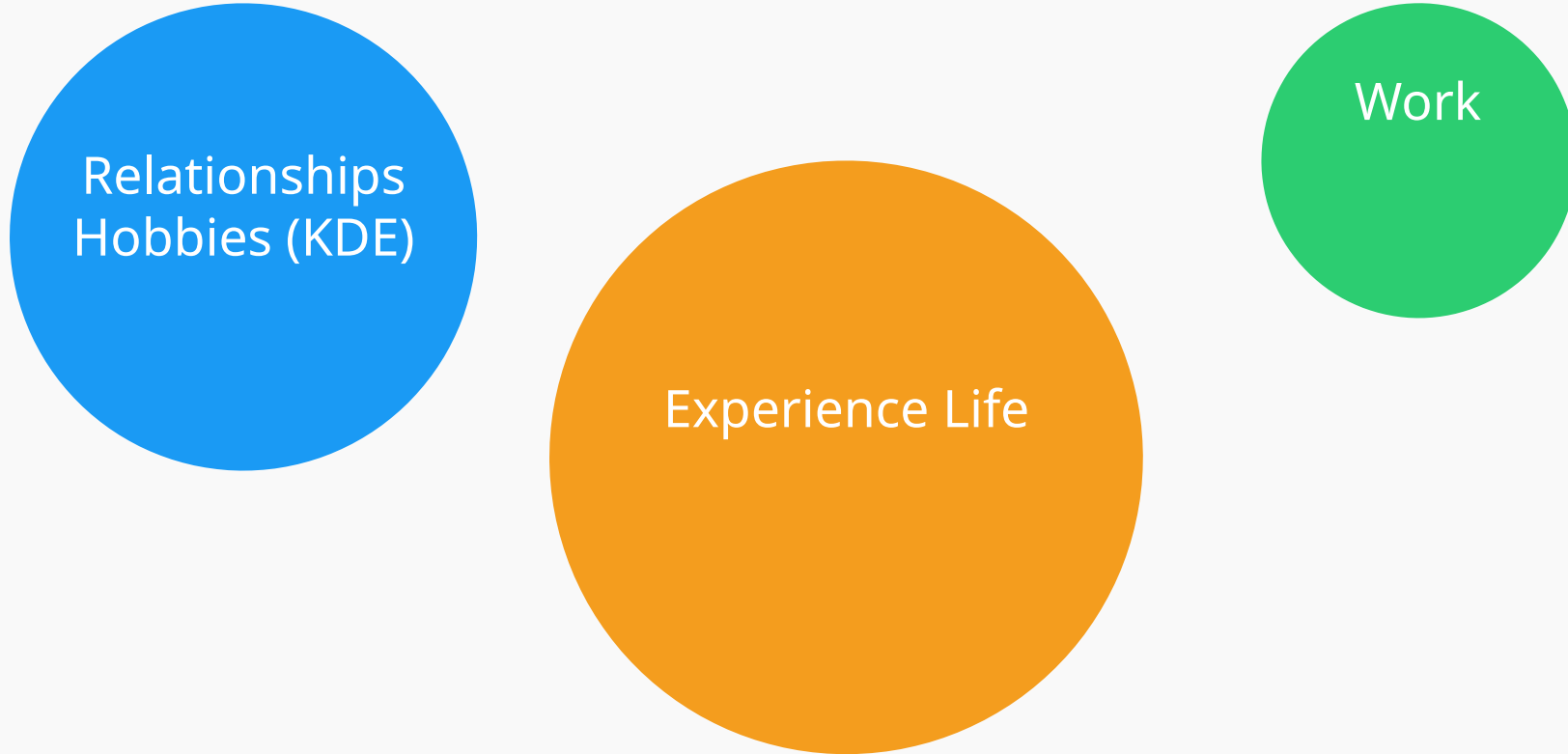


Harald

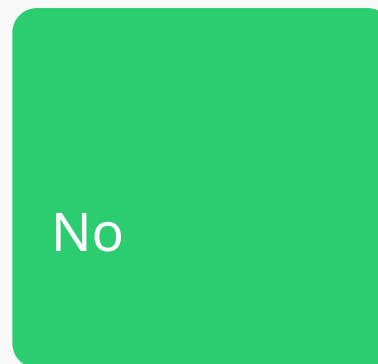
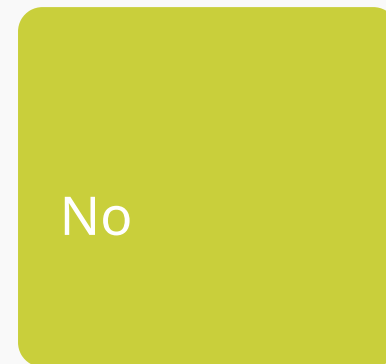
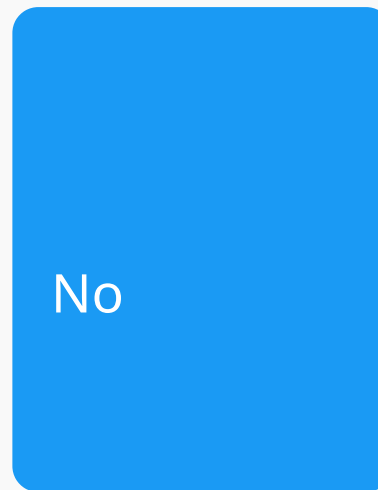
Healthy Mind Healthy Code



Balance is Key



Learn to say No



Important Things

SLEEP

Have lots of good one

Friendships

Have them

Healthy Lifestyle

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

Community

Find your sub group
within KDE

SLEEP

Don't lose sleep
over problems

Distance

Sometimes you
need it

Some Tips of Sorts



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.

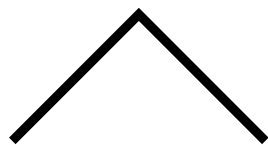
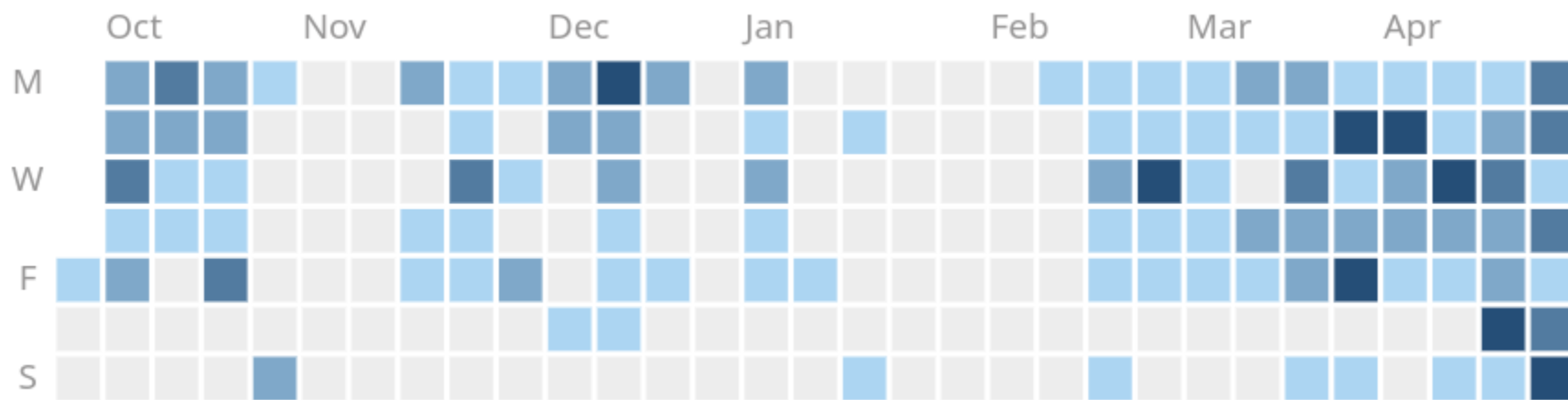
Free

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



Thank You

