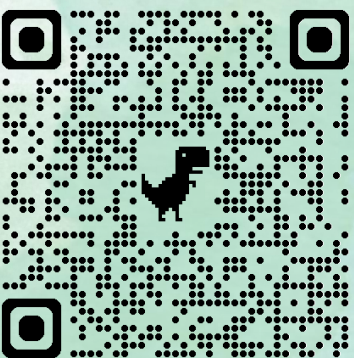
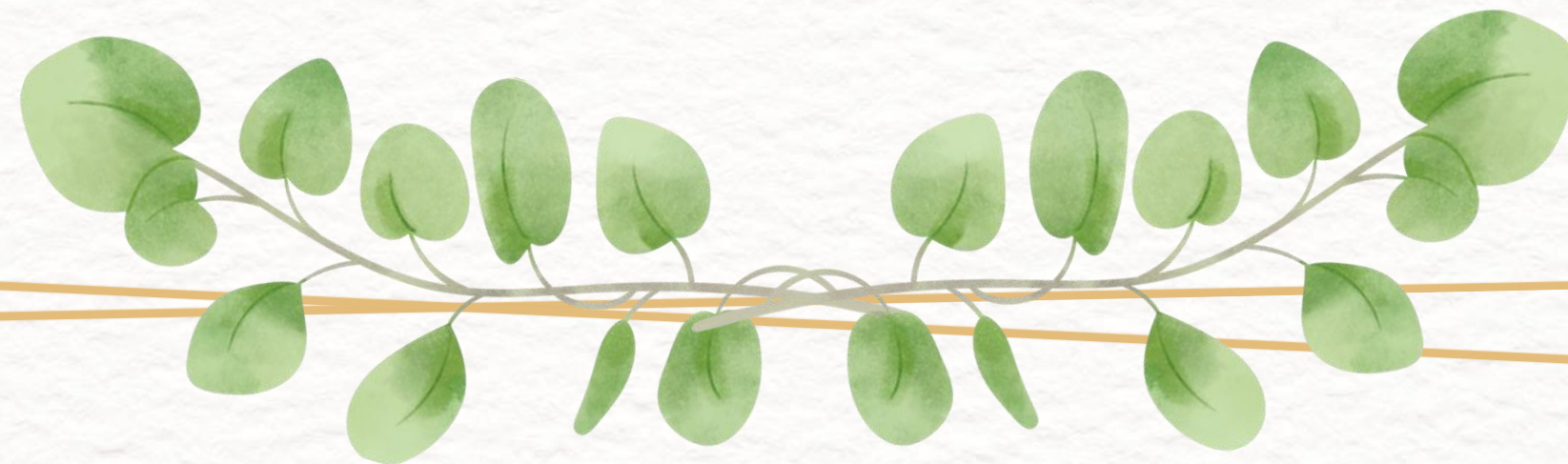




# YOU DON'T TALK ABOUT THAT AT WORK

*Sophie Küster · Agile on the Beach 2024*





# HI, I'M SOPHIE!



This is me



Sophie Küster  
she/her

@MlleSophiePofie

@MlleSophiePofie.bsky.social

@MlleSophiePofie@sw-development-is.social

This is my job



Mathematician  
Tester, Fledgling Dev  
Scrum Master  
Team Lead  
Conference Speaker  
General Busybody

This is my employer



cronn GmbH

Bonn, Hamburg, Białystok (PL)

wir entwickeln software\_

This is also me



Fighter/Dancer  
Ballerina, Novice Poleerina  
Runner  
Knitter, Baker, Costume Maker  
Plant Mum, Doting Aunty

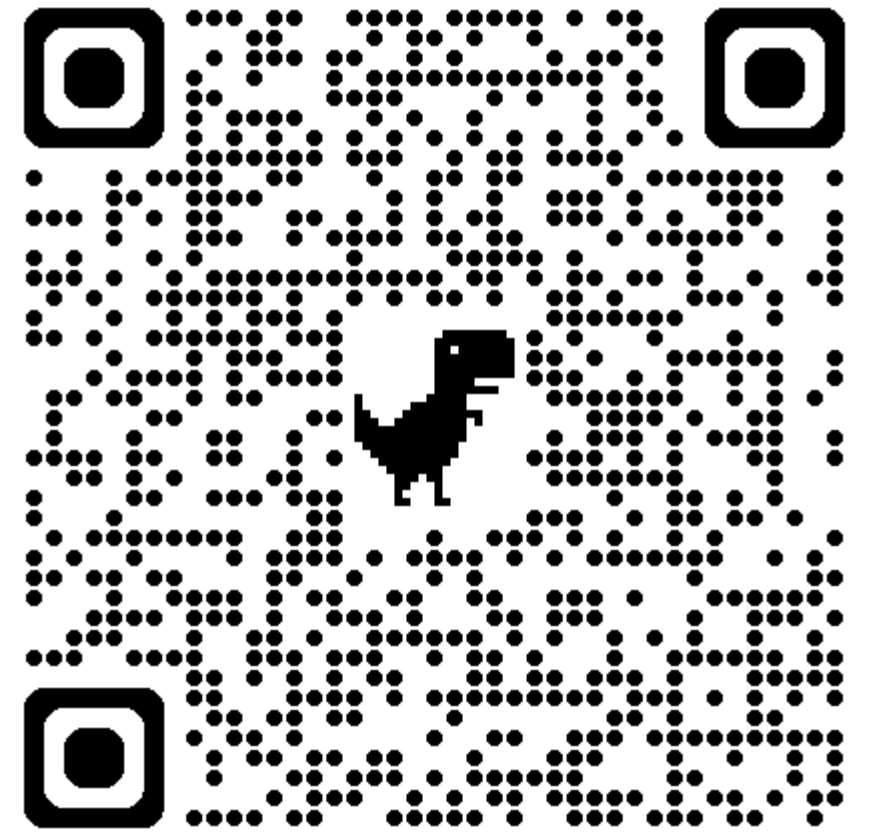






# PLEASE RATE MY SESSION!

@MlleSophiePofie #AotB #AotB24 #AgileOnTheBeach



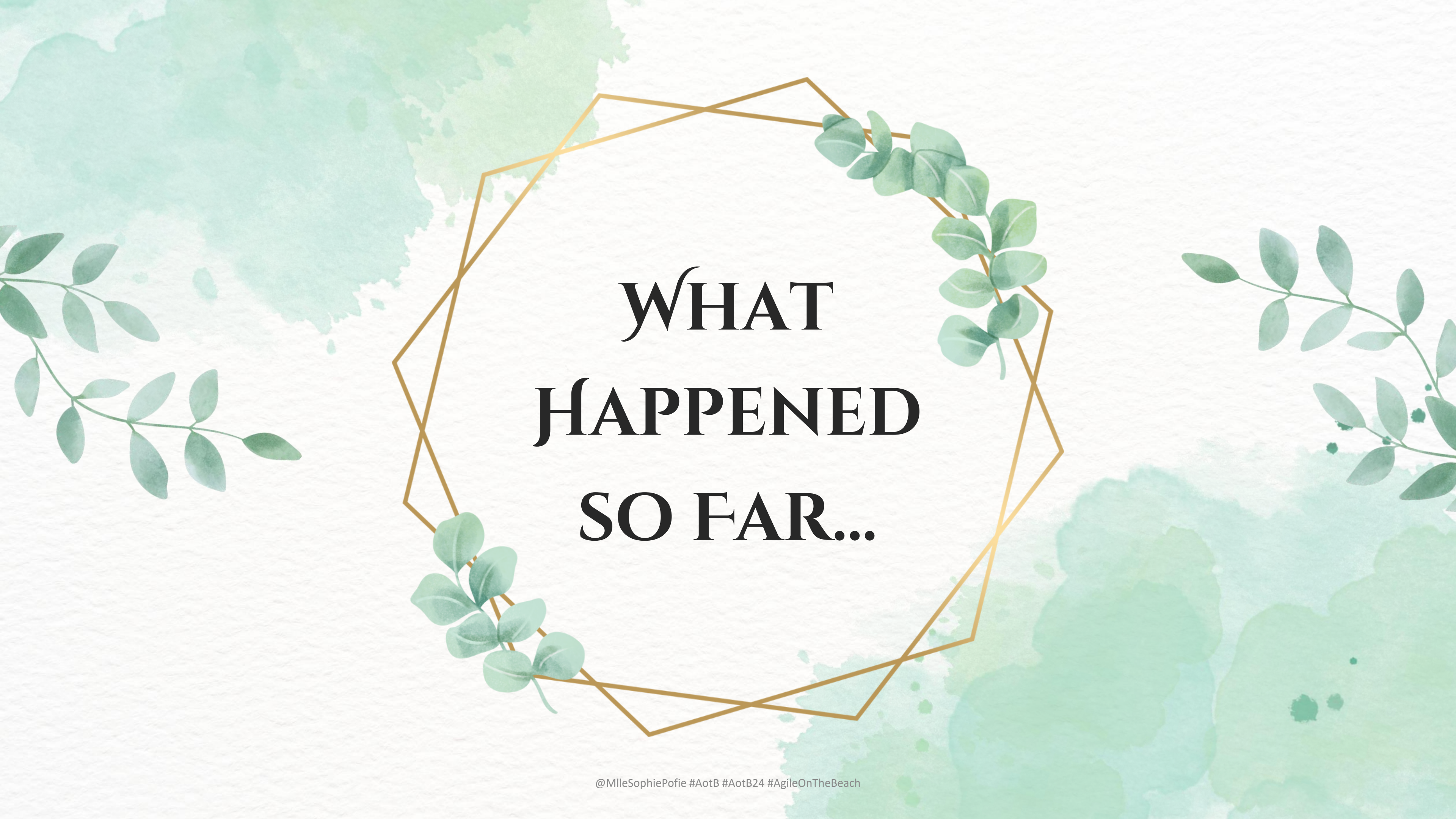


# CONTENT NOTE

- *Mental illness*  
*depression, anxiety, eating disorder*  
*self-harm*  
*intrusive suicidal thoughts*
- *(Verbal) harassment*
- *Physical illness*  
*cancer*
- *Covid-19 pandemic*
- *War*

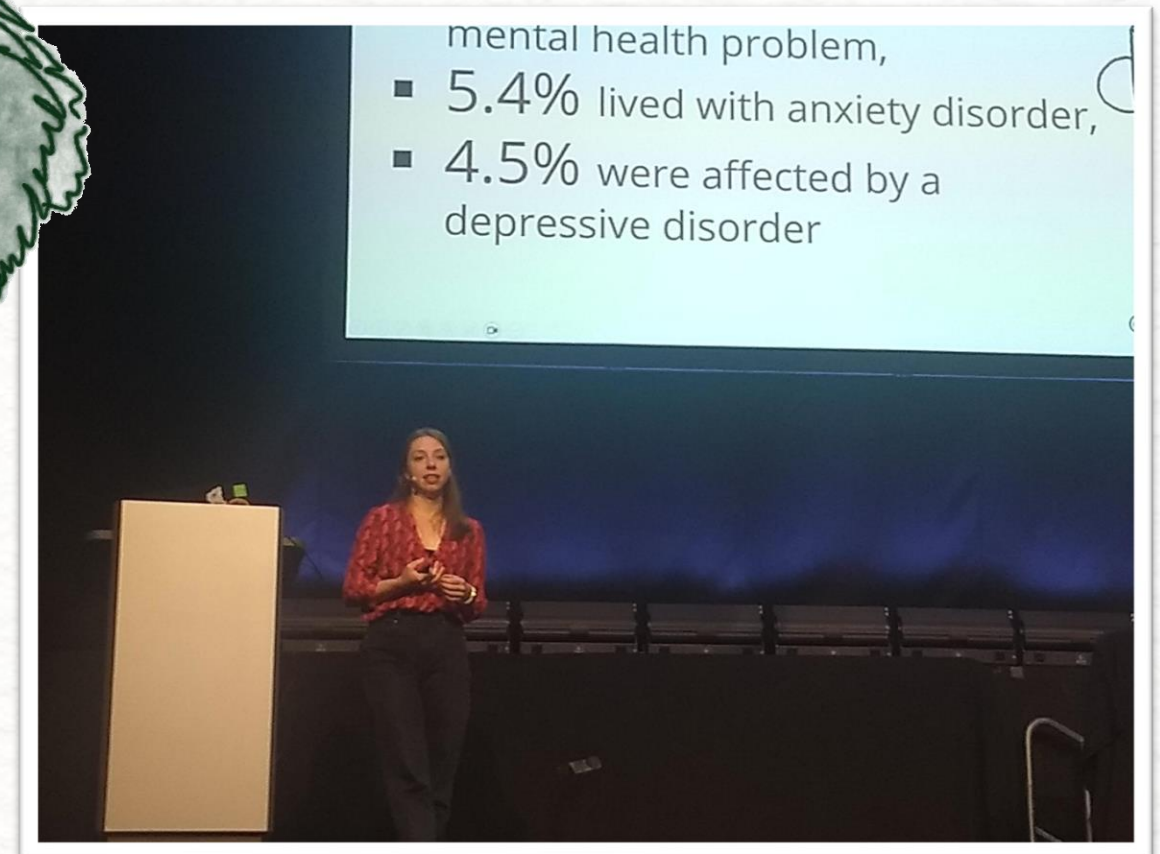




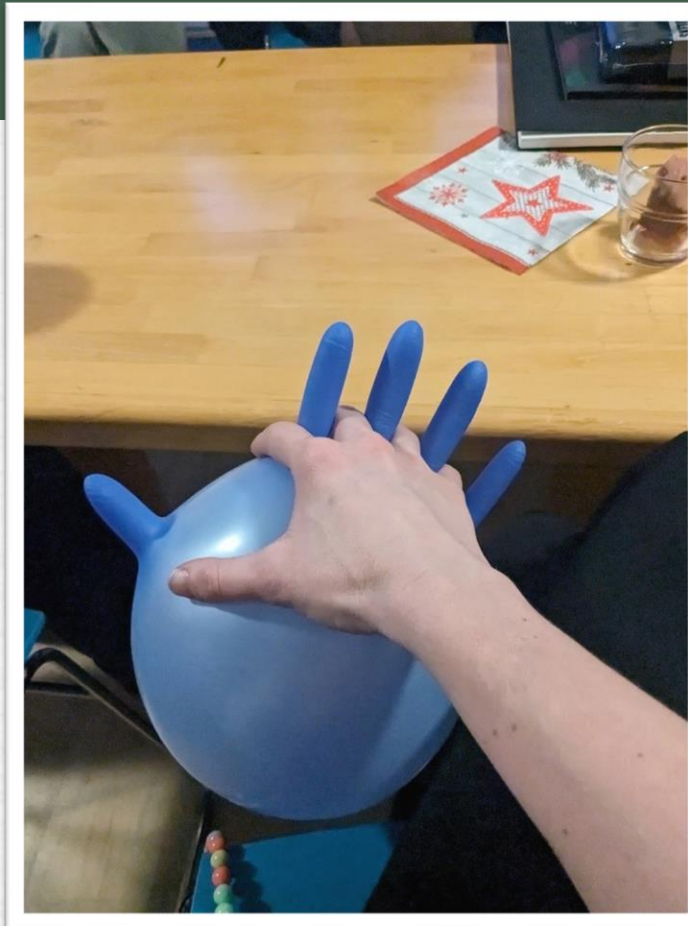
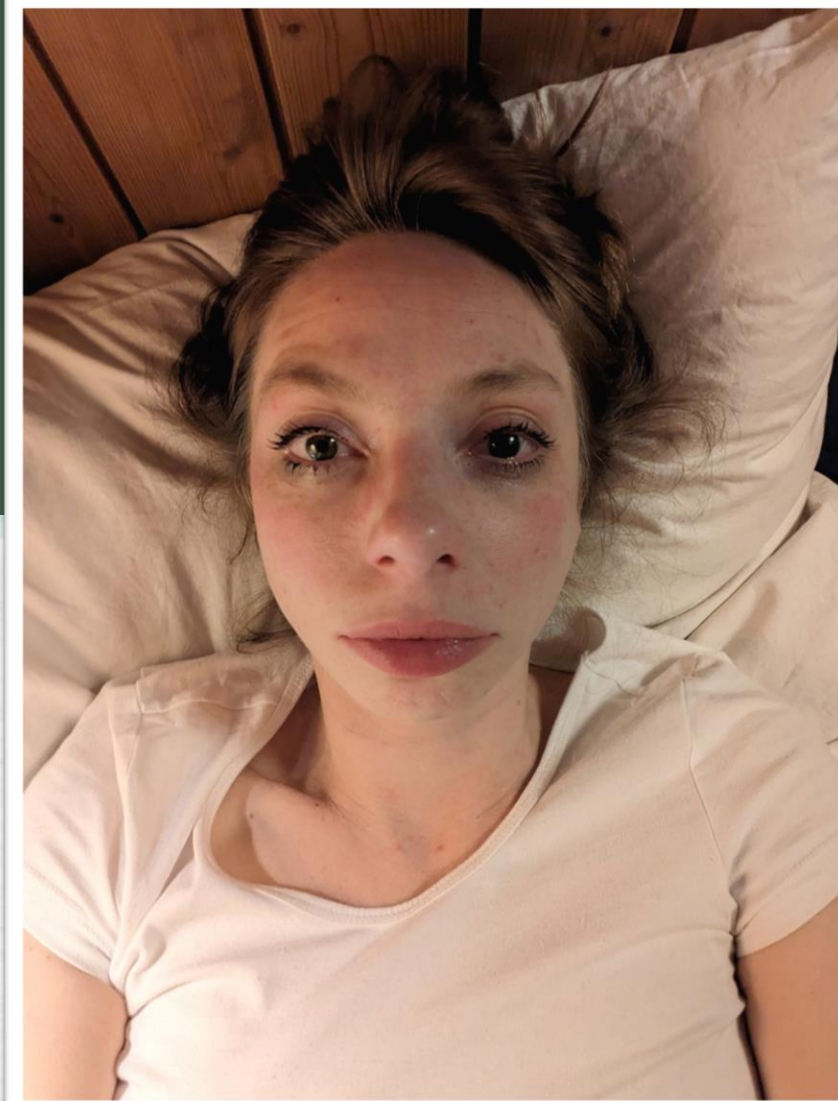


**WHAT  
HAPPENED  
SO FAR...**

















# YOU DON'T TALK ABOUT THAT AT WORK

*Sophie Küster · Agile on the Beach 2024*





# YOU DON'T TALK ABOUT THAT AT WORK PART II

*Sophie Küster · Agile on the Beach 2024*





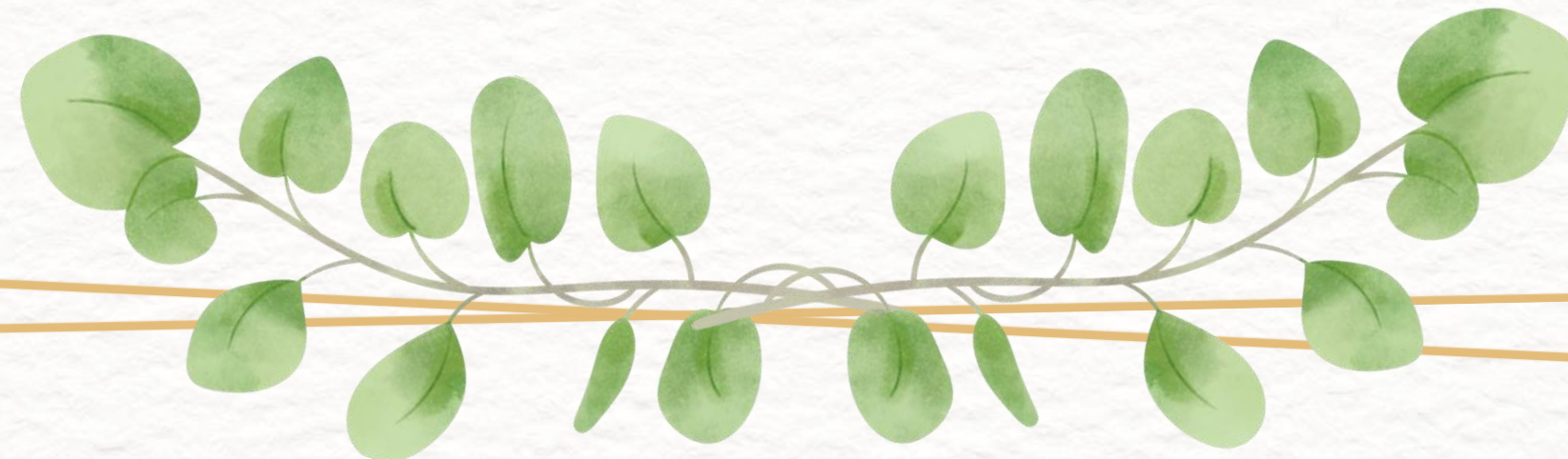


YOU DON'T TALK ABOUT THAT AT WORK

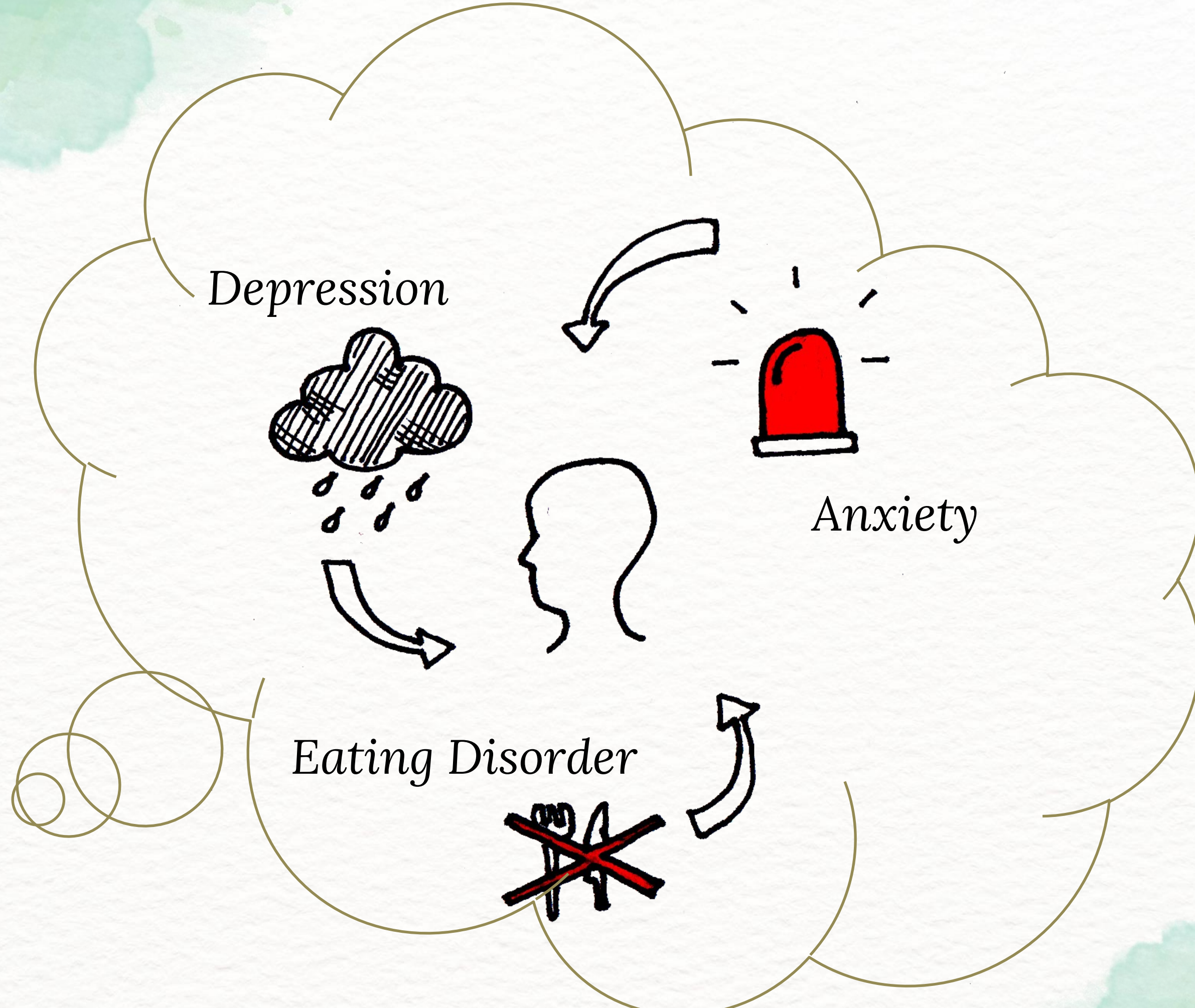
PART II

*RETURN OF THE BRAIN WEASELS*

Sophie Küster · Agile on the Beach 2024







Depression



Anxiety

Eating Disorder





# HIRE ME!

Name : Sophie

Experience :

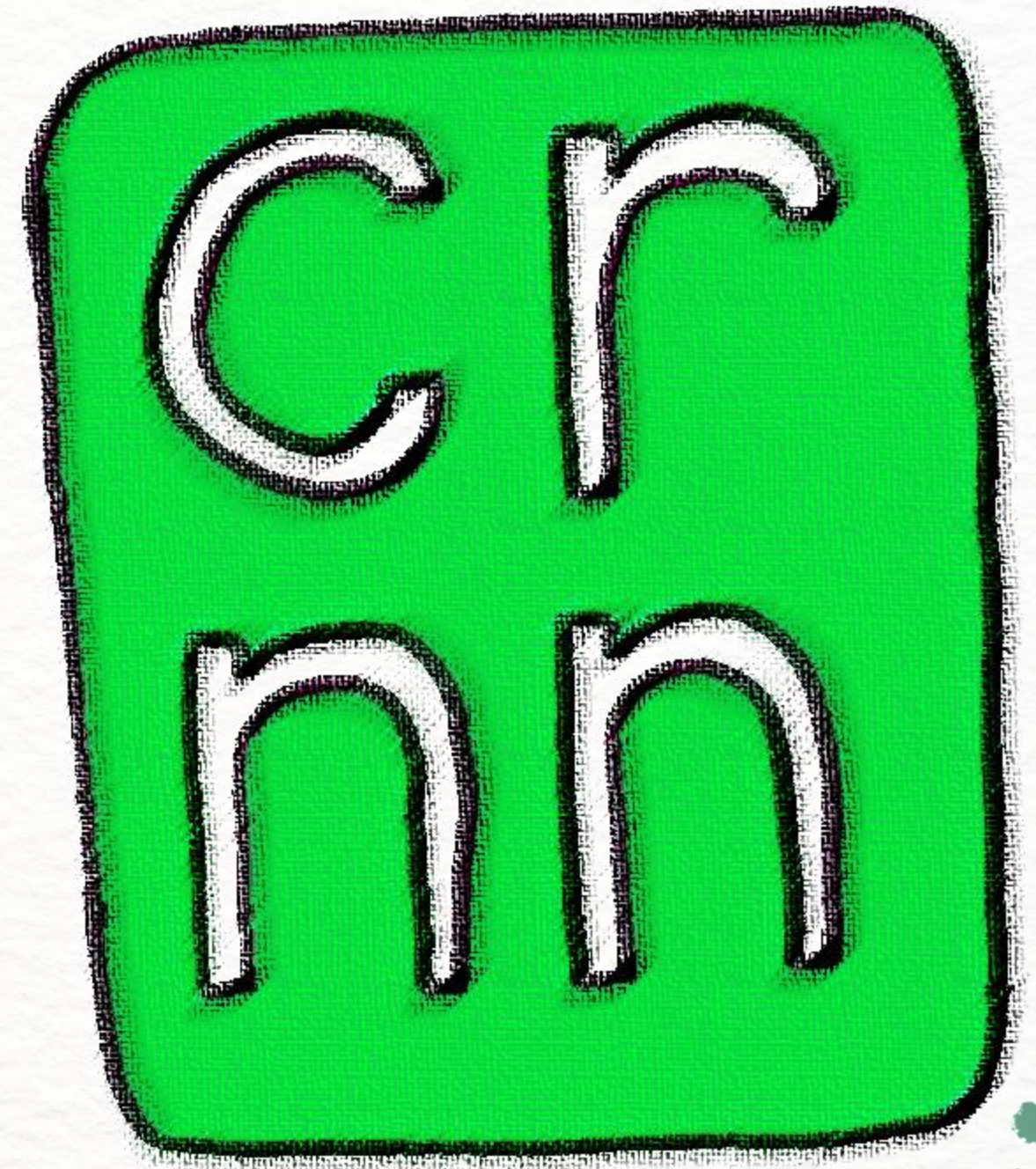
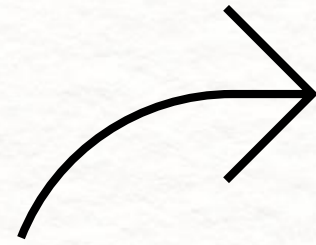
Quite a few bad ones.

Skills :

- Overthinking
- Jumping to the worst conclusions
- Pretty hair (?)









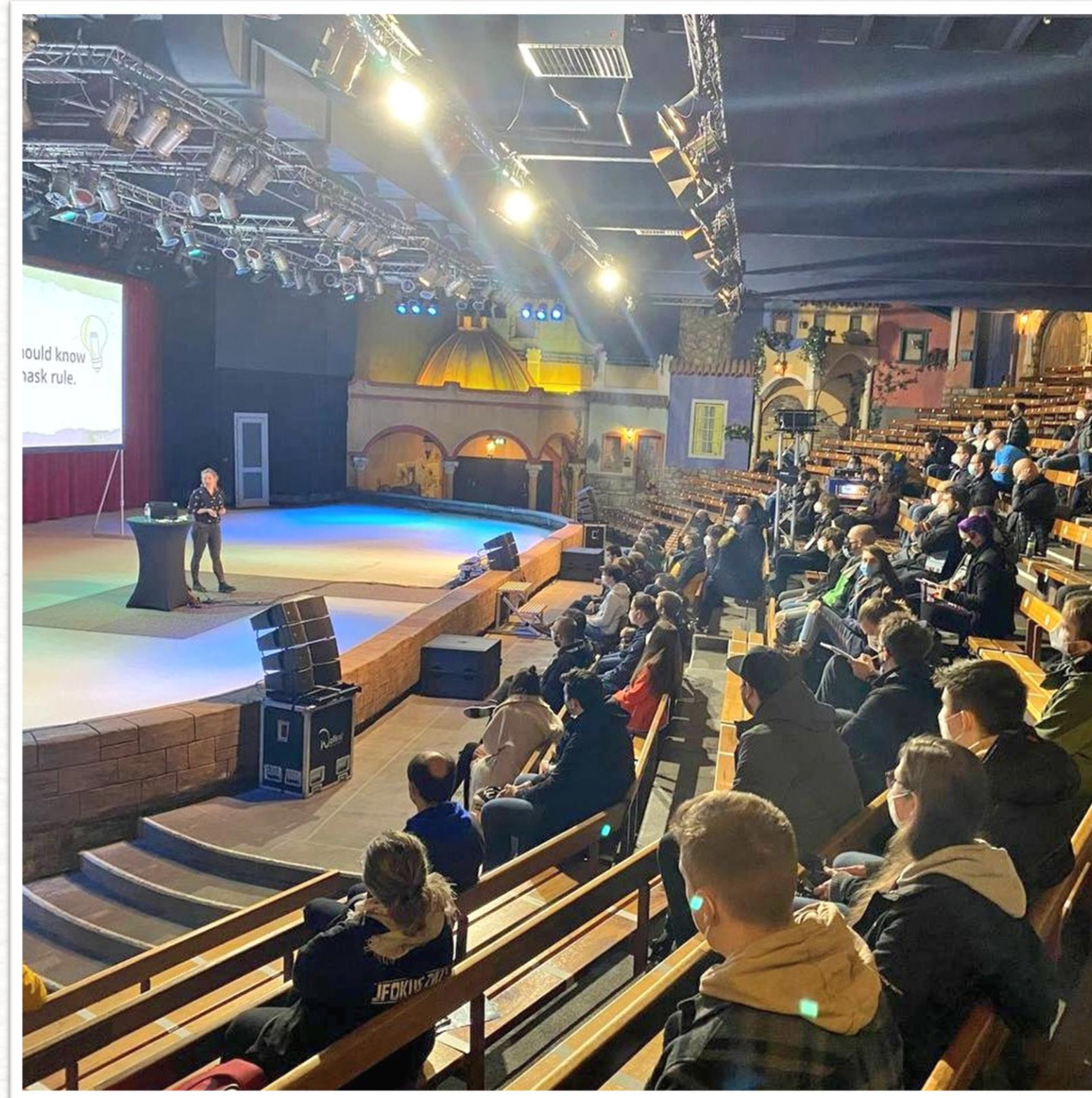
*Me at work\*:*



*(\* stock image)*



*Me at  
my first  
3D talk\*:*



*(\* actual  
footage)*





# LESSONS LEARNED



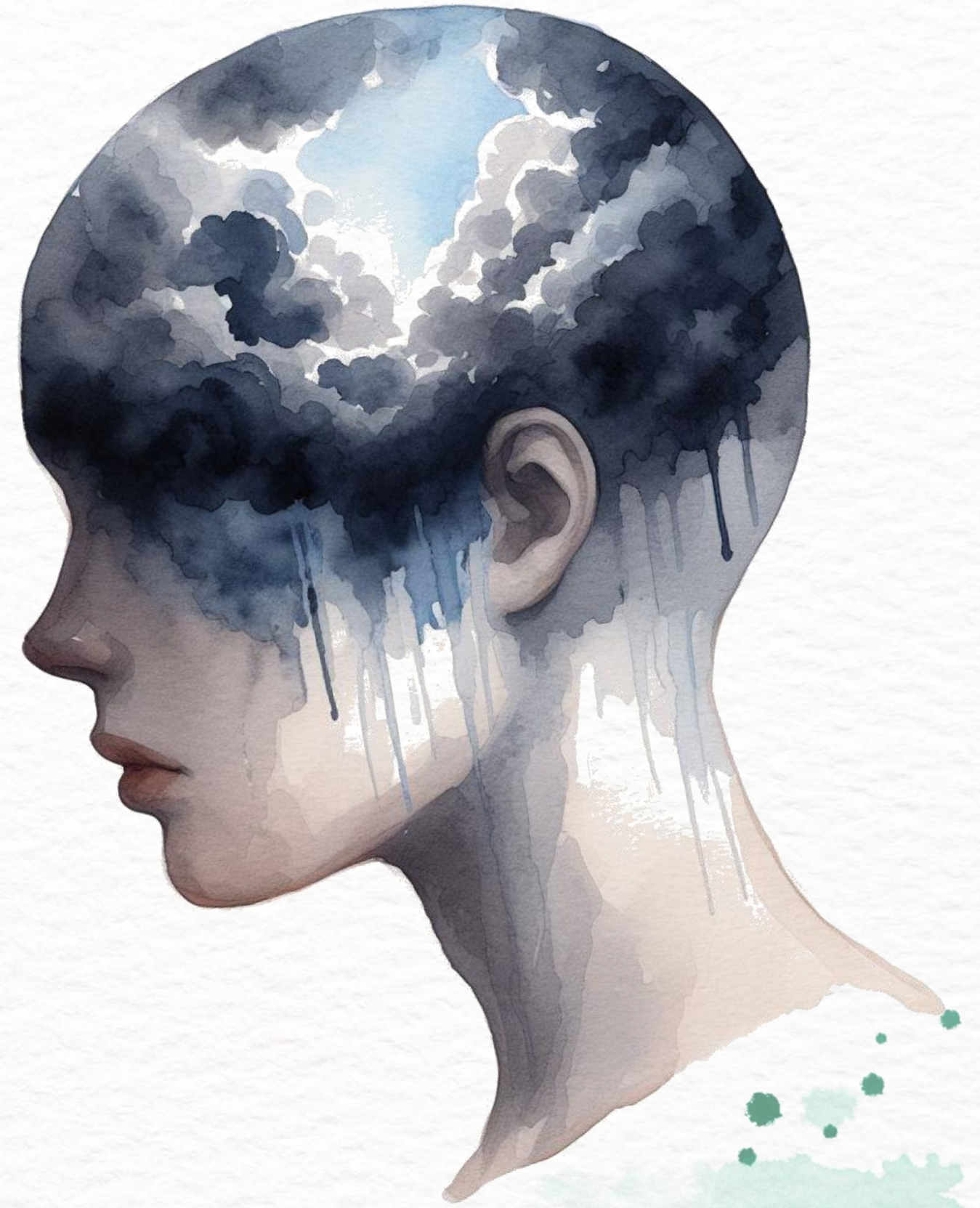


*You are never the  
only one.*



# IN 2018 IN THE EU

- 17% of the population had a mental health problem,
- 5.4% lived with anxiety disorder,
- 4.5% were affected by a depressive disorder







02

*Openness inspires  
openness.*









03

*Openness is a  
habit, not a  
character trait.*





*Don't let it turn  
into an addiction.*





04

*Showing  
vulnerability  
shows strength.*



*Beware of  
horrible people.*







05

*Some people just  
don't get it.*



# *Top 3 Helpful Tips for Getting Through the Dark Days (That Don't Help at All!)*

*You just have  
to stay  
positive!*

*But you have  
nothing to be  
depressed about!*

*It's all in  
your head!*



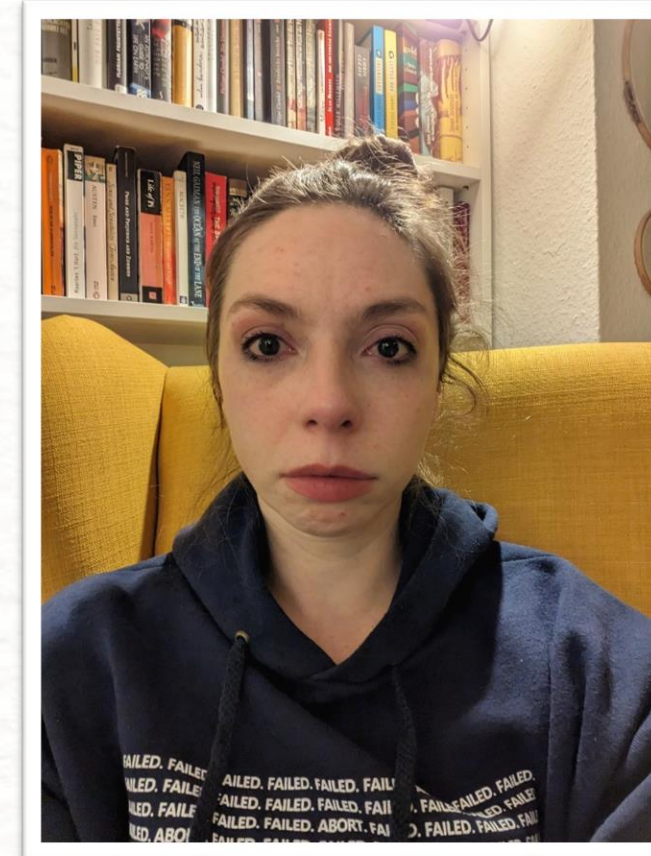
*I'll still keep  
trying to explain.*





## (TOTALLY INCOMPLETE) LIST OF SYMPTOMS

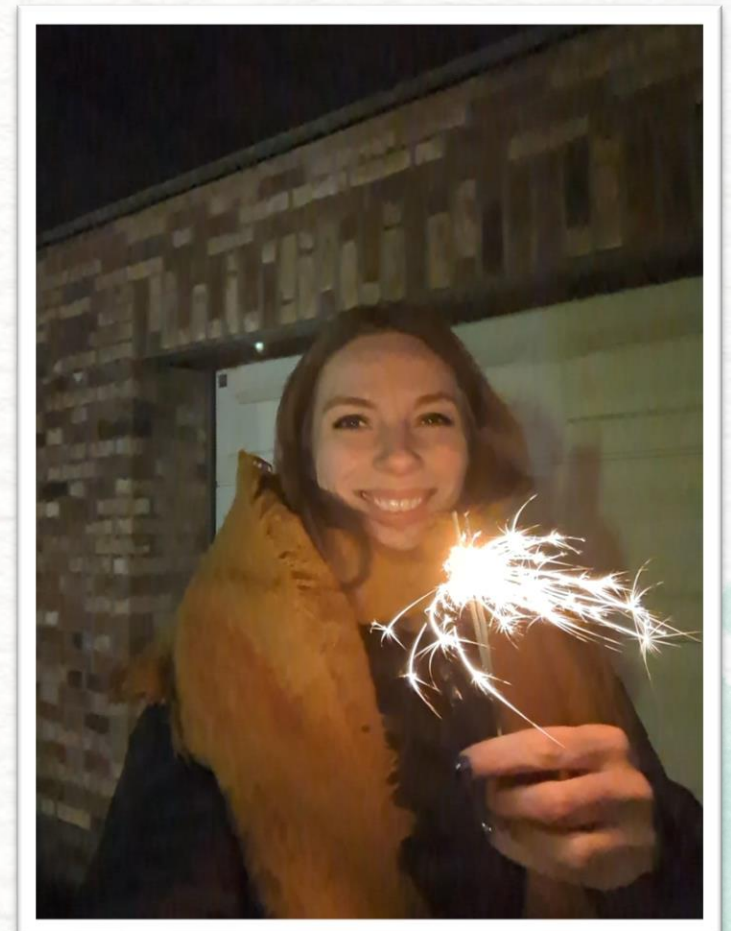
- Feelings of sadness, guilt, hopelessness, anger, irritability; numbness
- Social withdrawal
- Loss of energy, focus, interest
- Changes in appetite, weight, sleep
- Self-loathing, recklessness
- Unexplained pains, aches, rashes



What a person looks like during a severe depressive episode



Also what a person looks like during a severe depressive episode





*Some people get it  
really badly  
wrong.*

06



*People want to  
help you. Let  
them.*







*There's strength  
in numbers.*







*Bluntness  
uncomplicates  
things.*





## PUBLIC SERVICE ANNOUNCEMENT:

- *Take your medical check-ups seriously.*
  - *Yes, also during a pandemic.*
- *No, you're not too young for it anyway.*
  - *(Trust me on that one.)*
  - *Learn how to self-examine.*







Conceal,  
*don't feel!*





*Don't forget the  
oxygen mask rule.*



*Please secure your  
own oxygen mask  
before assisting  
others.*







# *Don't forget the oxygen mask rule.*

*Listen to your own advice here, Sophie!*





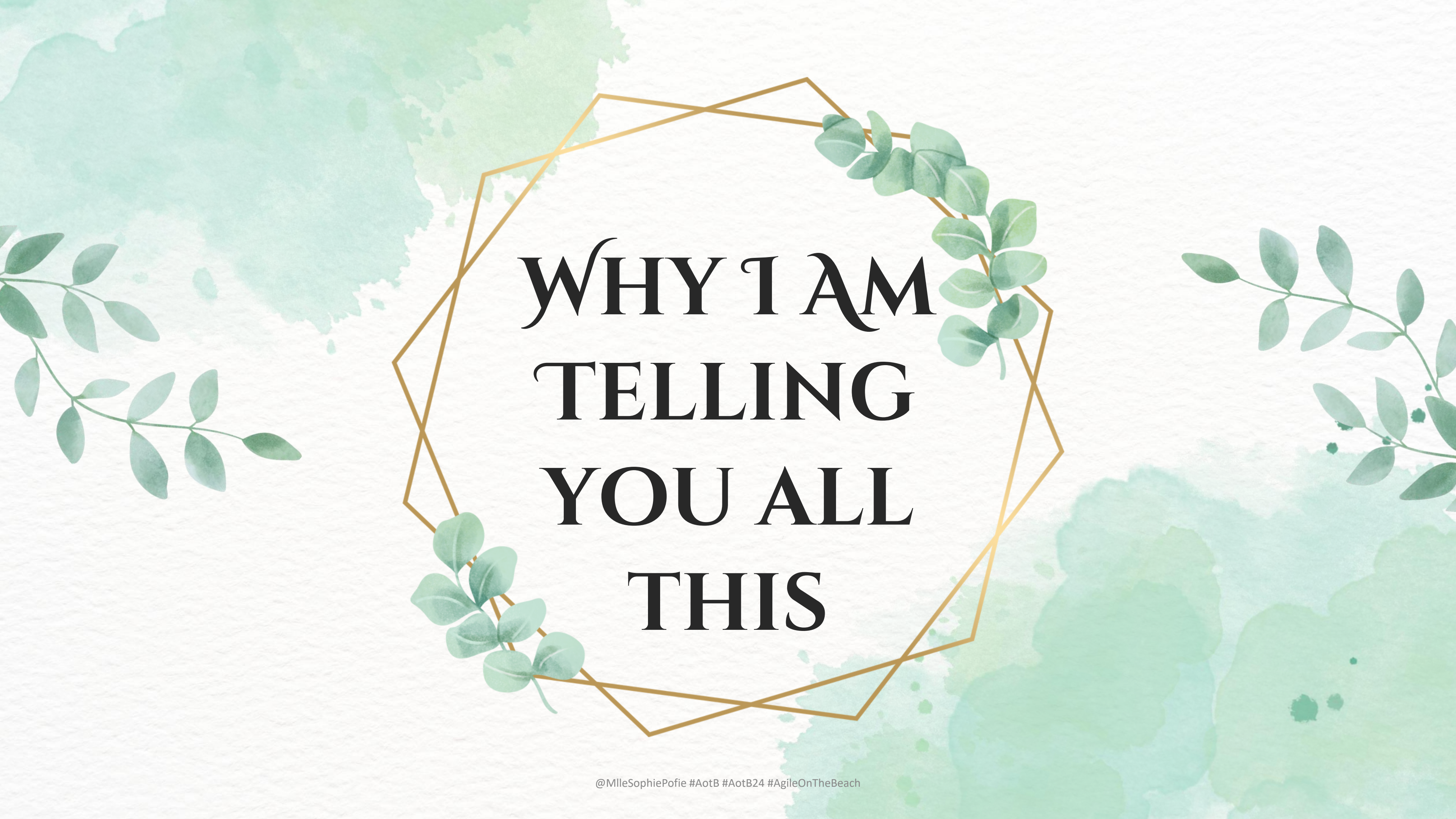
**Be kind!**





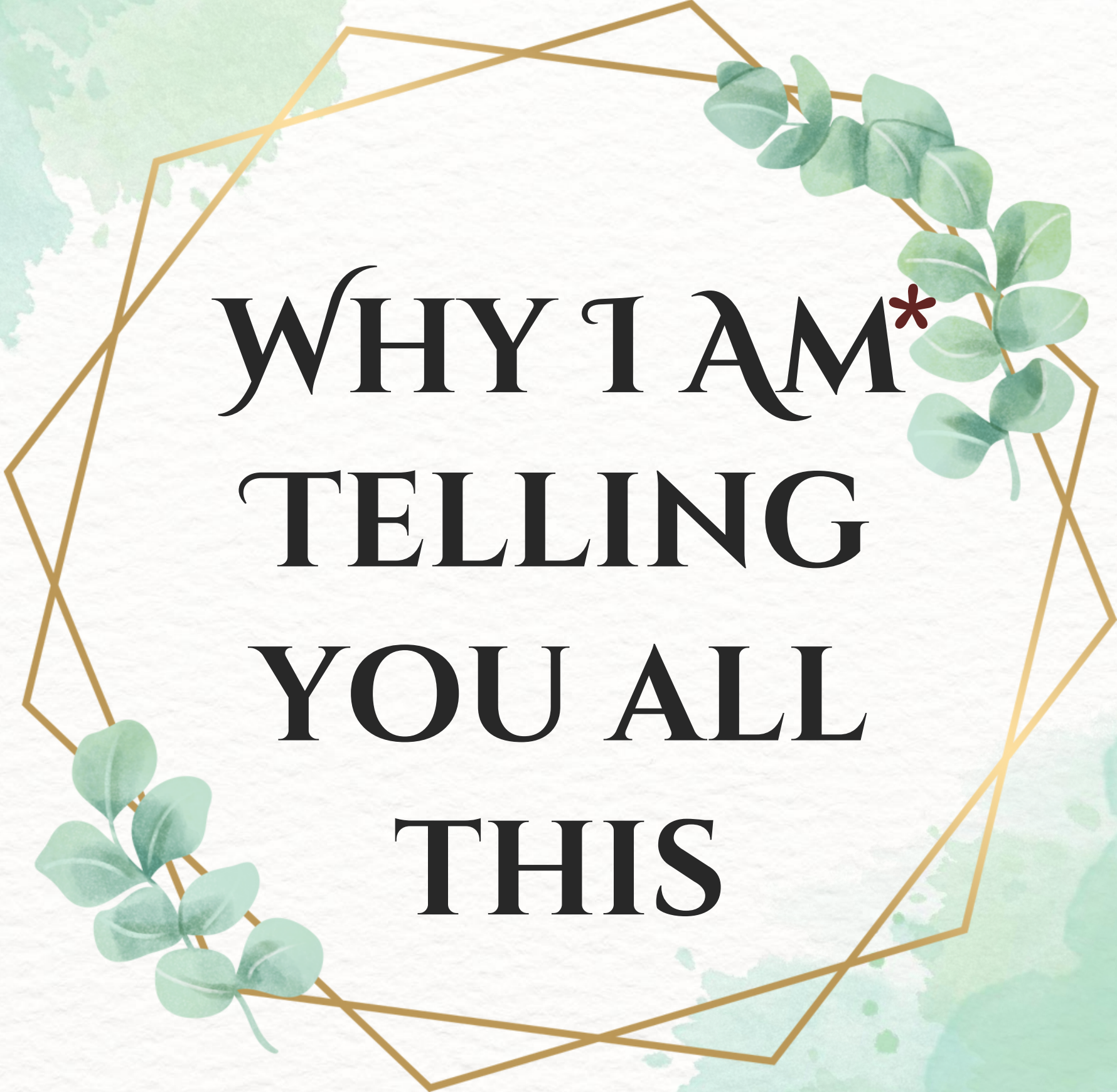
**Be kind!**  
(to yourself too!)





**WHY I AM  
TELLING  
YOU ALL  
THIS**





WHY I AM\*  
TELLING  
YOU ALL  
THIS

\* still





*Welcome to  
depression! I'll be  
your guide!*





*Bibbidy  
bobbedy  
boo..*







*Talking  
starts with  
me and  
you!*





**THANK  
YOU!**



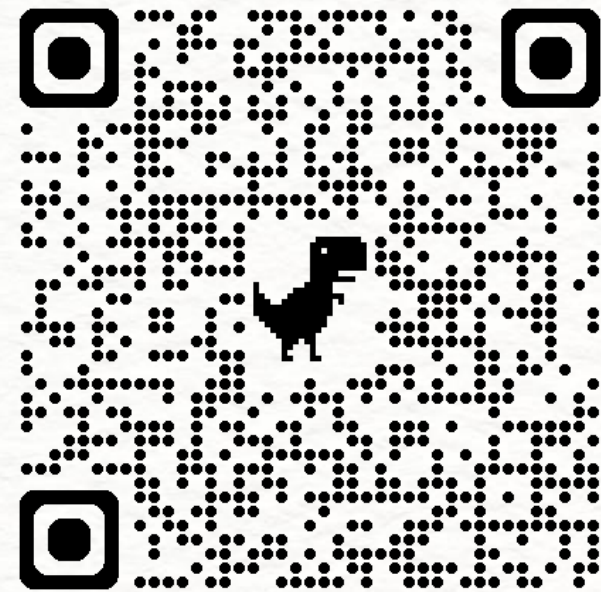


**QUESTIONS?**





*Things that helped me*



*Feedback!*



*Get in touch!*