



Bytes and Minds: *Navigating Mental Health in the Tech World*

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Trigger warning

Suicide and other
emotional topics





Who am I?



February 12th 1985



Canada



Norway





Berlin



Became a chemist



WORDPRESS

Depression

- Felt happy until age 5
- Almost daily nightmares
- 8% to 15% depression rate
(high income countries)



Anger

- Started ~2017
- Irrational, so suppressed it
- Headache for three months
(Coke Zero, 1 L+)
- Why angry?





2019

WP plugin

- Friends and family
- Scheduled blog posts
- Authorities
- Connected to hardware

`/wp-content/plugins/the-end/`



Ryan Hellyer is 😞 feeling rough.

7 July 2019 · 🌐



I've been under a lot of stress lately. It feels irrational. I thought perhaps a way to alleviate it, may be to face one of my fears, so I did tonight. I haven't felt so terrified since I was a small child. Hopefully, I can move on from it now.



Mo Seeger, Graeme Mark Sinclair and 58 others

74

1

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Response

Messages from 9 people

- Similar problems
- Talked to friends?
- Tried therapy?
- “You’re different”
- **6 WordPress devs**



Medical help

- New doctor
- Zero tests
- Prescribed St Johns Wort (Sint-janskruid)
- Referred for ...



Psychotherapy

- Likely stems from parents
- Meditation / mind body exercises
- Emotional release
- One year in - felt better, but still angry
- Two years in: no further improvement
(still "*likely stems from parents*")
- Psilocybin therapy?
(overwhelming urge)



Psilocybin therapy



- Magic mushrooms / truffles
- Imperial College London study
<https://www.nejm.org/doi/full/10.1056/NEJMoa2032994>

“I want to know why I’m depressed. I just don’t know why. I wish I could know. I wish I could understand.”

Dr Rosalind Watts quoting a study participant - <https://www.youtube.com/watch?v=WtU3FP-ZLGw>

February 12th 2021







RYAN HELLYER

WordPress geekiness.
Plugins, code tips and more!



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String replace SQL

Published July 14th, 2023 under [General](#)

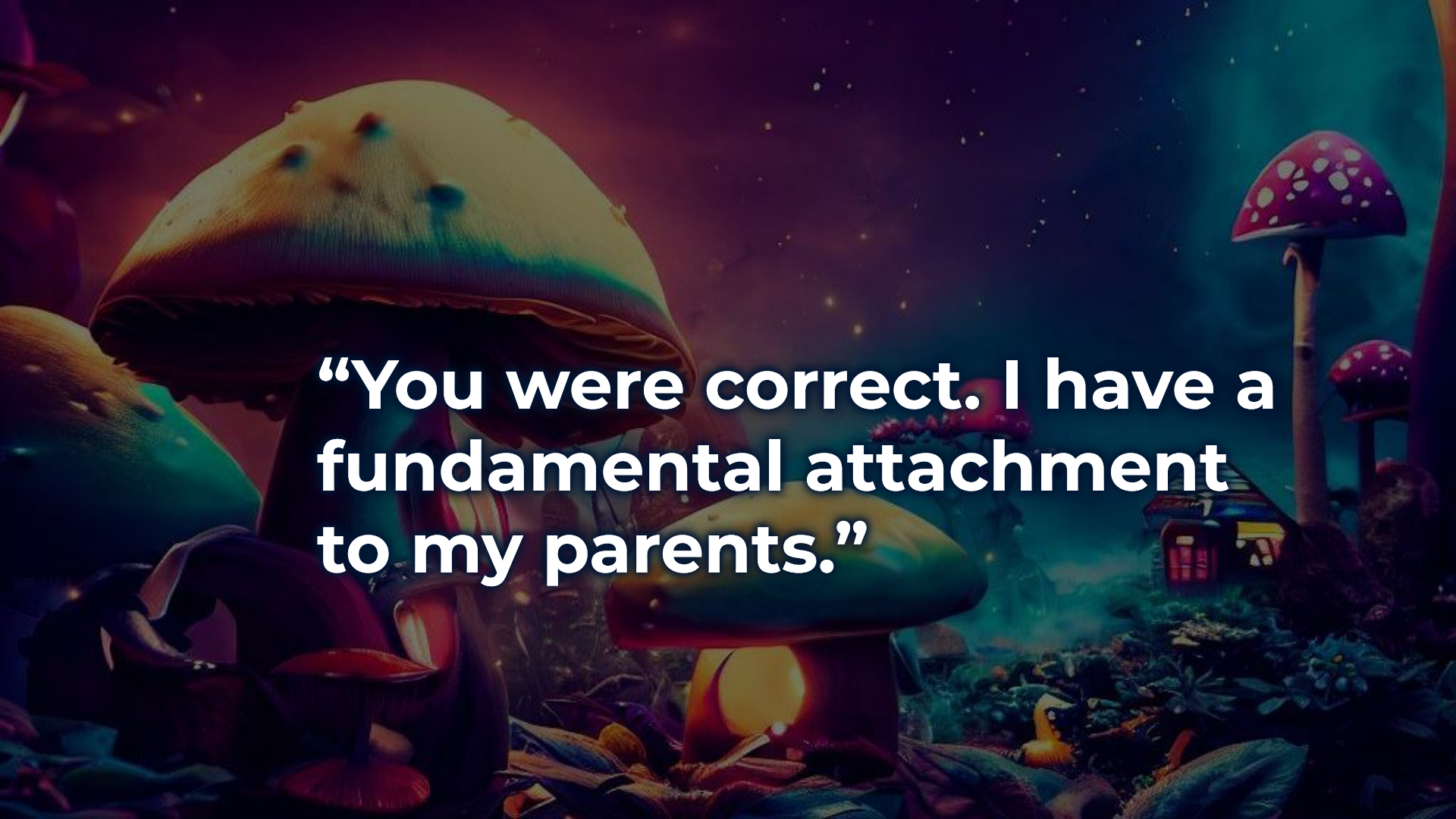
Discover a straightforward bash script method to conduct a string replacement in your entire SQL database. This technique allows for a direct and efficient approach without the necessity of dumping or reimporting your database.

WordPress obsessed Kiwi former scientist, who used to live in Canada, then Norway and now exciting Berlin. To learn more about me, check out my [about page](#) or head onto over to [my personal site](#).

To get in touch, please visit my [contact page](#).

[Privacy Policy](#)



A vibrant, fantastical forest scene. In the foreground, a large, glowing yellow mushroom with a blue and green gradient on its cap stands prominently. To its right, a smaller, glowing yellow mushroom with a red cap is visible. In the background, a small, colorful house with a red roof and yellow walls is nestled among more mushrooms and foliage. The sky is dark with a purple and blue gradient, and the overall atmosphere is magical and ethereal.

**“You were correct. I have a
fundamental attachment
to my parents.”**



Car crash listed: February 12th 1985



Psilocybin trip: February 12th 2021

After effects

- Happiest since 5 years old
- Emotion sources > solutions
- No nightmares
- Crying is good
- Resting heart rate ~95 BPM
(for three months)



Conclusion?

- Devs are not robots
- We hide things from ourselves
- Emotions are complicated
- Seek help / get therapy
- You are not alone

Be careful with drugs



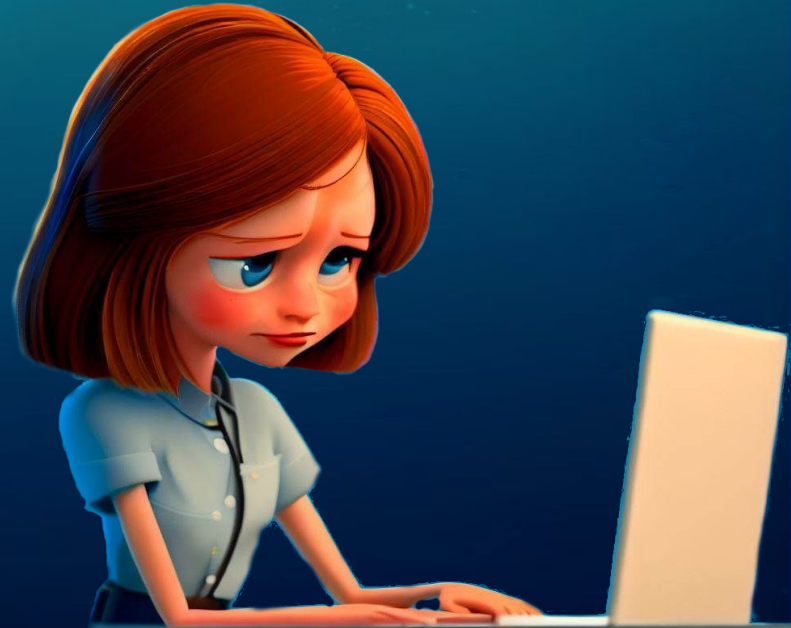
Thank you!

- Friends
- Family
- Strattic team



Remote work

"Working alone all day. How do you cope with seeing no one?"



Hiring?

I'm available

- **PHP/JS developer**
- **WordPress specialist**
- **Team lead**

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BONUS SLIDES

Microdosing

Self-blinding citizen science to explore psychedelic microdosing:

<https://pubmed.ncbi.nlm.nih.gov/33648632/>

“The findings suggest that anecdotal benefits of microdosing can be explained by the placebo effect.”

Microdosing with psilocybin mushrooms: a double-blind placebo-controlled study:

<https://www.nature.com/articles/s41398-022-02039-0>

“mushroom material did not present significantly positive impact ... we observed a trend towards impaired performance in some cognitive tasks”

Video review:

<https://www.youtube.com/watch?v=ZPumLlrv0A>

Synesthete

- People
- Days of the week
- Moods
- Events

SATURDAY Brother
SUNDAY Grandparents
MONDAY Car crash
TUESDAY Friend
WEDNESDAY Dad
THURSDAY Negativity with Friend
FRIDAY Mum



FEMININE



MASCULINE



BAD THINGS



ROMANCE



ACQUAINTANCES

Student loan

- No issues with payment
- Fear of contacting the tax department about it
- Paid in full within two weeks



Madhvi



“Must call Skype”









Cannabis?

- Therapist approved
- Ineffective
- Increased anxiety
- Don't code whilst stoned!

