



WordPress Community Videos

I'm a WordPress developer / designer / agency owner / educator / consultant / freelancer / content manager / marketer / contractor / engineer / implementer / user / [insert here].

We've built companies. We've developed technical solutions. We've started from scratch. We've designed to be inclusive. We've worked from coffee shops. We've supported clients.

We are the WordPress community.

We've hidden our fears. We've battled internally. We've hurt ones we love. We've put on a mask. We've questioned ourselves. We've not been open. We've struggled.

No one ever said it would be this hard.

We've learned new skills. We've developed as individuals. We've spoken out. We've built relationships. We've moved forward. We've overcome.

It's a lie to think that you can't achieve this.

As a member of the WordPress community, I'm speaking out. Isolation. Depression. Anxiety. Loneliness. Fear. Our communities' mental health needs support.

Statistically 1 in 6 of us will experience work related mental health issues.

Because I'm self-employed. Because I'm a freelancer. Because I'm a remote worker. Because I'm a solo business owner. This increases to 1 in 4 of us!

Help us #PressForward.

WP&UP are supporting and promoting positive mental health within the WordPress community.

Now is the time to have an honest conversation about our mental health.

Join your local WordPress meetup. Attend, volunteer or support WordCamps.

I'm not alone. You're not alone. At its core WordPress is the community.

Please visit <https://wpandup.org/video> to upload your video.

Thank you.