

## F\*ck Off 2017, Slow Down for 2018

It's June 2018, and I am long overdue with my "review of the previous year and the plans for the new one".

That's because 2017 was half-shitty: after I achieved \*all\* the things I've planned the first half of the year, I had a **burn-out** & it took me another 12 months to recover.



*(One of the achievements I am most proud of: ICE-BATH! During the "Iceman Training" I did in March 2018, in Amsterdam.)*

Practically, I felt "bad" in June 2017 and visited various doctors and therapists; I was diagnosed with "frozen shoulder" in October: but I think it is/was "Tension Myositis Syndrome" (TMS) and I am still doing EMDR and physiotherapy and yoga in order to get better.

There is no short reason or explanation why: it was a combination of stress, trauma, pain, anxiety, insomnia; due to lack of: healthy boundaries, assertiveness, skills for healthy conflict resolution; and lots of repressed anger, rage, fury – that turned into guilt, shame & pain.

In addition to all the "regular" things that we planned to do (see below), most stressfully \*additional\* stressful events that brought on "the crisis" were:

- a conversation with Camiel, Paula, Arnd and me about possibly changing our living arrangements to make it more efficient (fewer households? moving? buying another house(s)? selling our house(s)? sharing? ...);
- me finding a lover and practically opening up our theoretically polyamorous/open relationship - and quickly "closing it" after Arnd's reaction to that;
- conflicts during vacation with Thijmen on Krk;
- conflicts with my parents and Arnd about rebuilding the ceiling in our house in Lika;
- crisis of management & "change of company culture" at work;
- physical abuse incident(s) in the hackers community and the similarities with global incidents of sexism, harassment & violence (#MeToo).



Paradoxically, all this triggered feelings of pain & trauma of loss of Olivia - althou this was 10 years ago!

My first EMDR series of sessions helped me deal with that;

my second EMDR is helping me deal with PTSD of growing up in the alcoholic family (althou that was 25-40 years ago!).

<https://becha.home.xs4all.nl/olivia/ten-years/>

In order to heal, I made some small changes, postponed big decisions, and slowed down with big plans;

What Arnd took over: making sandwiches every day, doing the shopping for food, cooking on Tuesdays, working from home on Wednesdays; organising our trip to Nepal, and organizing half of the trip for the kids vacation in May 2018. ((What Arnd enjoyed doing for himself was: brewing **amazing** beer, making several JustaDome-s, and tending his garden.))

What I stopped doing: didn't go to RIPE75; didn't make any trips for the vacations with children-> they went with their father for Autumn 2017, Xmas & February 2018; I took time off from work for medical reasons - I had to cut-down on work in October-November-December; missed Alisa's parent evening once; didn't go to the hackerspace more then once a month; not posting to UnCiv list regularly any more; not living in Arnd's house half-time as I used to; didn't see many friends for a while.

## Children are growing

2017 was an important year for Charlie - he has finished primary school, and had to choose his "middle school". So we visited about 15-20 schools, to see if he likes it, and if we like it. It's time consuming and demanding of lots of soul-searching on WHY does one (me!) prefer a certain approach, criteria, direction. In Amsterdam, that is made extra-stressful by having an "lottery system", because there are some schools with fewer places then the kids that want to apply. I was very happy to recognise, to feel in my body, the affinity to a school with modern, unconventional methods; and Charlie liked it too; but in the final lottery he was NOT placed to that school of his (& mine) first choice, but to another school - - "Gerrit Van Der Veen".

He was very disappointed, and I tried my best to still get him off the waiting list and into the “dream school” - but with no success. Luckily, he adjusted very well to the high school in general, and to his school especially: he made friends, is learning with ease, and has good grades. **AND he went to ice-skating-school in Haarlem, by himself, for few months!**

Charlie’s other activities, mostly guided by Camiel, are even more interesting: on top of playing trumpet, he is now a singer in the band! The name is DISTAGE, and they have a website that Arnd made: <http://www.distage.nl>



In 2017, Alisa picked up one more language: Chinese. She is now in the 3rd year, and that is when she has to choose the “direction”. Since she prefers languages and culture, that will be her “profile” from the 4th year (starts September 2018); but, she will also drop classical languages, and will move from gymnasium to atheneum - while still keeping extra English. She is happy to never again have “natural sciences” (physics, chemistry, biology) and very little mathematics. Althou that’s the opposite of what I preferred in school, I support her in that decision: she has to follow her heart.



Alisa's real passion is for the theatre, and she had a series of shows on the "real stage" (Kleine Komedie, for the 100 years celebration of Amsterdam's Lyceum), and many more in her school, as a part of Theatre School. On top of that's he is also playing bas-guitar & hand-drums, and contributes to the school paper with her stories and articles! Plus, she is an expert surfer.



## Too much of a good stuff

We have made very detailed, very ambitious plans for 2017, and WE DID IT ALL! In addition to that, **also** visited Japan for 2 weeks, and went to Lika three times!

<https://wiki.techinc.nl/index.php/User:Becha/Lika2017>

Here they are, repeated, just to show how much that was... and it also shows that it's possible to have "too much of a good thing".

\* Hackers events I attended; mostly to give talks on "Ethics in Technology":

- o FOSDEM2017
- o HackOn
- o SHA2017
- o BalCCon
- o 34c3
- o FOSDEM2018

• Trips I made for work:

- o RIPE meeting in Budapest
- o DNS hackathon (in Amsterdam)
- o SEE meeting in Budva
- o IPv6 hackathon in Copenhagen
- + "Women in Tech" event (in Amsterdam)
- + smaller events (RightsCon, NLNOG, NLUUG...)
- + hackathon in Kathmandu (February 2018)
- o RIPE76 in Marseille

\* Vacations:

- o Skiing in Garmish-Partenkirchen with kids, Arnd & Nana & her kids
- +++ Japan! Hokaido Tour & Apls-crossing! In March 2017
- + Trip to Lika in April, with Alisa, Charlie & Arnd
- + Another trip to Lika, with Evelien & Sicco
- + #UnCiv village at SHA2017 with many many families
- o Summer holidays in Krk, with kids, Nikolina's & Nana's families & guest-star: Patrice!
- o
- o
- + TREKKING IN HIMALAYA with Arnd - Kathmandu, Lukla, Namche Bazar, Gokyo
- o
- o Mai-vakantie in Bretagne , May 2018
- o
- o PLANNED: July & August: Stoja & LikaCamp2018



Puy Du Fou, May 2018

<https://wiki.techinc.nl/index.php/LikaCamp2018>

## The plans for 2018

### SLOW DOWN

Take time to make decisions.

### UN-COMPLICATE.

Choose for FEWER: trips, projects, actions, activities, combinations.

SAVOUR, with AWARENESS, that which is going on RIGHT NOW.

Simplify.

### TAKE A BREAK

## Quotes



“Individuals often reevaluate their priorities after experiencing a personal wake-up call.”

- - <https://www.buzzfeed.com/tedchiang/the-real-danger-to-civilization-isnt-ai-its-runaway>

“Sometimes insight arises spontaneously, but many times it doesn’t. People often get carried away in pursuit of some goal, and they may not realize it until it’s pointed out to them, either by their friends and family or by their therapists. Listening to wake-up calls of this sort is considered a sign of mental health.”

- - <http://kunstler.com/clusterfuck-nation/2017-year-review/>

2017 has been a rough year for nearly everyone I know. Many people have been finding it difficult to just get by, to say nothing of being productive. Personally, I’ve been trying to recover from a year-long period of pretty severe burnout, generalized anxiety, and more stress in my personal life than is considered healthy by several internet quizzes. It’s one thing to talk about productivity when you’re generally feeling healthy and optimistic and safe, but how do you deal with trying to be productive when just making it through the day feels like an insurmountable challenge?



I have still managed to maintain some vague semblance of productivity. I've used to-do lists and planners to try to bring some order to things, to help me remember what needs to be done, and to keep track of goals. I've been using habit tracking to help me maintain healthy routines. I've had to reassess what is really important to me, and figure out how that changes over time, and sometimes I've quit things, giving present-me some room to breathe and to better support future-me."

- - <https://ryn.works/2017/11/10/on-productivity-when-you-just-cant-even/>

"Not gonna lie, 2017 was also a stressful and depressing and fucked up year on a lot of levels. I would say I'm glad to have it be behind me, but I don't want the universe to take that as a challenge."

I want to focus now on things I am liberating myself from in 2018.  
Not long into 2017, I ran absolutely out of fucks to give.

I've thankfully managed to get several of them back (or maybe these are new ones? It's hard to tell) but I want to make sure that I spend them much more carefully going forward, and this means making a deliberate effort to free myself from things that use up fucks without giving me anything in return.

- - <https://ryn.works/2018/01/01/on-to-2018/>

- - <https://medium.com/@zenpeacekeeper/take-a-break-f877907877bc>



# BOYS CAN BE:

SENSITIVE



CARING



QUIET



GENTLE



ARTSY



DREAMERS



SCARED



AFFECTIONATE



PRETTY



AND DON'T LET ANYONE TELL YOU OTHERWISE.

@elisegravel

# GIRLS CAN BE:

LOUD



CRANKY



GROSS



SILLY



STRONG



LEADERS



ANGRY



DIRTY



AND FUNNY



AND DON'T LET ANYONE TELL YOU OTHERWISE.

@elisegravel



'There are years that ask questions and years that answer.'

- - Zora Neale Hurston, born in 1891

<https://wiki.techinc.nl/index.php/User:Becha>