

WPWELLBEING

The People Behind the Web

International Yoga Day · First Global Community Session
A Healthier Web Starts With Healthier People.

WELCOME

Why We Are Here

Today, contributors, creators, and community builders from around the world come together — not to ship code or launch products, but to pause. This session is an invitation to breathe, reflect, and reconnect with what sustains us as people who care for the open web.



Why WPWellbeing Exists

WordPress powers over 40% of the web — built by thousands of volunteers, freelancers, and passionate contributors. Yet the people behind it rarely stop to care for themselves.

WPWellbeing exists to change that. We believe the health of the web is inseparable from the health of its builders.



Support

Practical resources for digital professionals

Community

A space to feel seen, not just productive

Sustainability

Long-term contribution over short-term output

The Human Side of WordPress

Volunteers

Contributing nights and weekends, often without recognition or rest

Freelancers

Managing clients, deadlines, and wellbeing — all alone

Community Leaders

Holding space for others while running on empty

Remote Workers

Always connected, rarely truly present



Challenges We Face

These are not personal failures — they are structural realities of digital work.
Naming them is the first step.



Burnout

Chronic exhaustion from giving more than you receive



Digital Overload

Constant pings, endless tabs, no mental off-ramp



Always Available

The pressure to respond instantly, across every timezone



Isolation

Remote work without the human connection that sustains us



Contribution Fatigue

When passion projects start to feel like obligations



WELLBEING

What Does Wellbeing Mean?

Wellbeing is not a perk or a productivity hack. It is the foundation from which everything else grows.

→ Physical

Moving your body, resting deeply, eating with care

→ Mental

Setting boundaries, managing attention, allowing rest

→ Community

Feeling connected, valued, and not alone in the work



REFLECTION



Community Reflection Questions

Take a moment. There are no right answers — only honest ones.

1

When do you feel most alive in your work?

What conditions make that possible?

2

What is one thing draining your energy right now?

Is it within your control to change?

3

Who in your community do you feel truly seen by?

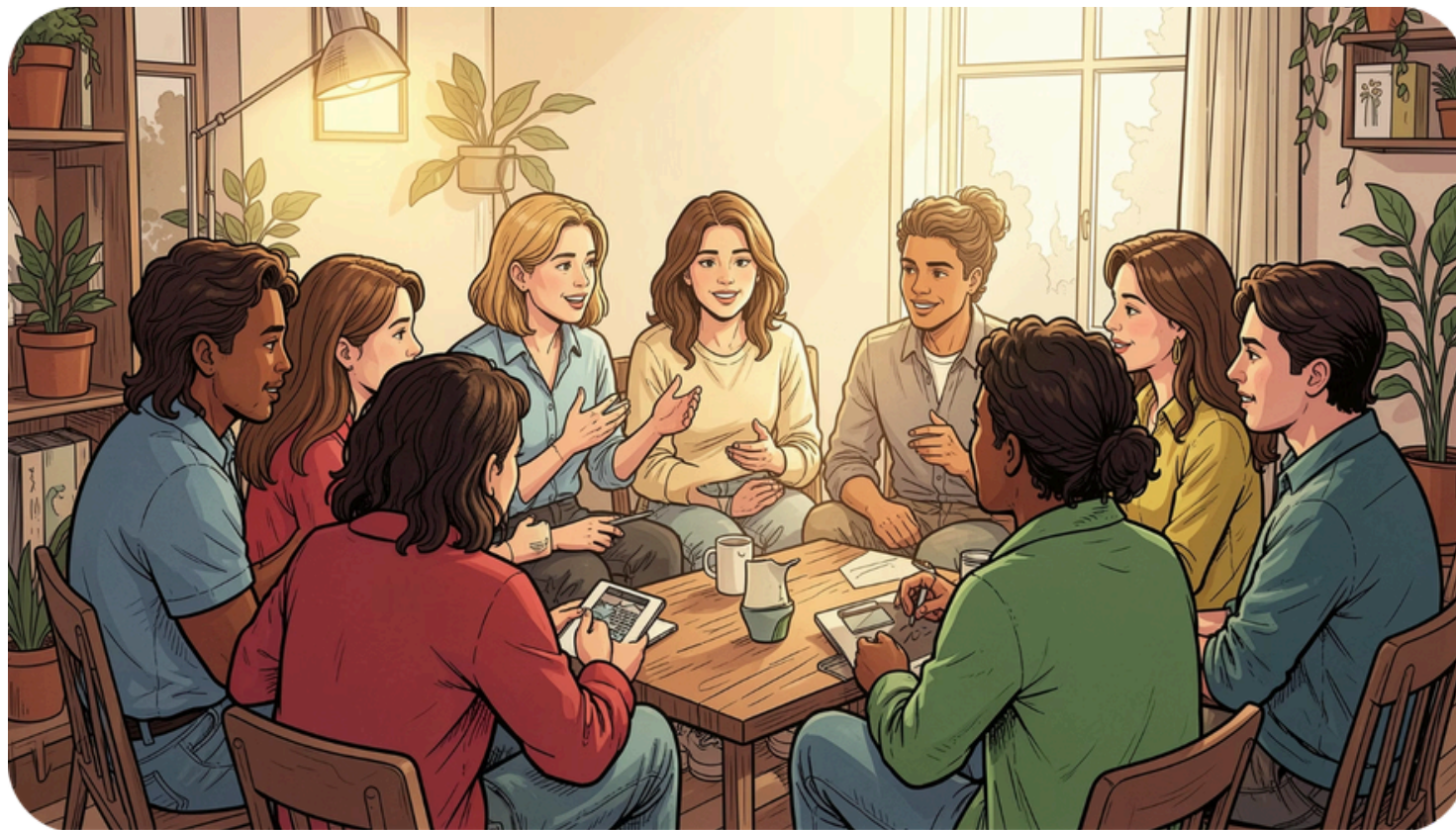
How can you nurture that connection?

4

What does "enough" look like for you today?

Not tomorrow. Not someday. Today.

Let's Talk



This space belongs to all of us. Share what's real for you — your challenges, your practices, your hopes for this community.

There is no agenda here. Your voice matters. 🌱

What wellbeing practice sustains you?

What does this community need more of?

What would you like WPWellbeing to become?

GET INVOLVED

How You Can Support WPWellbeing



Join the Community

Attend sessions, share your story, and show up for others. Presence is the greatest contribution.



Share Your Knowledge

Lead a session, write a resource, or simply share what has helped you thrive.



Spread the Word

Tell a fellow contributor about WPWellbeing. Community grows through genuine connection.

Next Steps – and Thank You

1

Stay Connected

Join our community channels and upcoming sessions

2

Practice Today

Take one intentional breath before your next task

3

Bring Others

Invite a fellow contributor to the next gathering

A Healthier Web Starts With Healthier People.

Thank you for being here. Thank you for caring for the web — and for yourself. 🌱

