

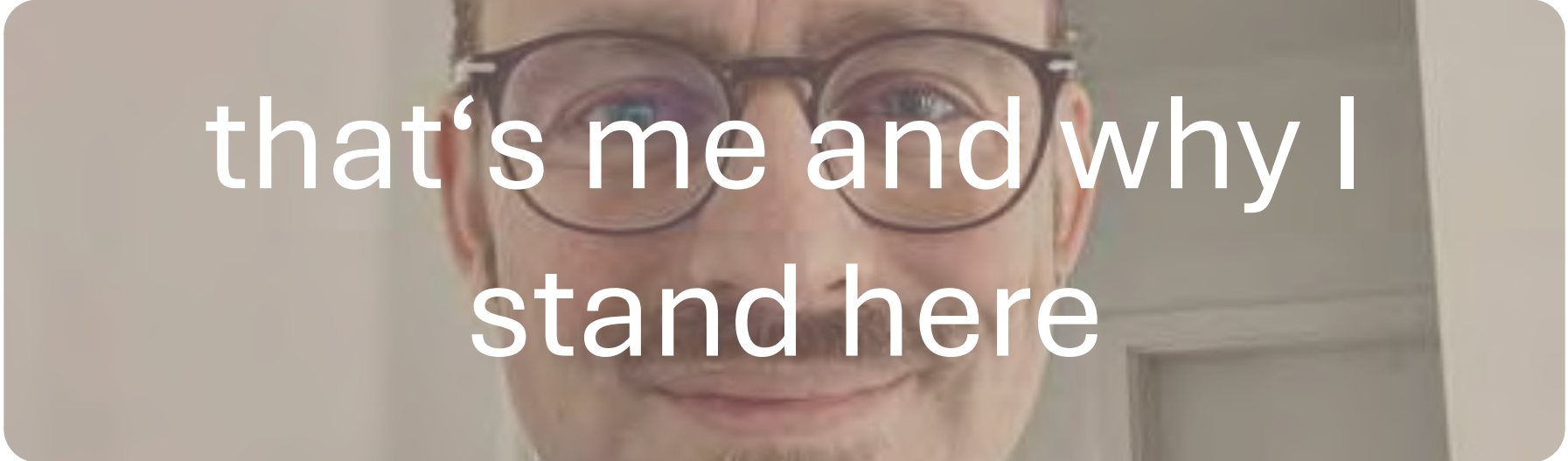


# MindCraft

Building resilience one line  
at a time

iits



A portrait of a man with glasses and a mustache, smiling slightly. The text "that's me and why I stand here" is overlaid in white on a semi-transparent dark background.

that's me and why I  
stand here

Markus  
Wendland

from script  
kiddy to  
software  
developer

dealing with  
mental  
issues for  
20+ years

## Meet Wendy

```
class Wendy {  
    var level: Int = 1  
    var skills: List<String> = listOf("Basic Attack")  
    var mentalIssues: List<Enemy> = listOf()  
}
```



## Crossing the Threshold

- The Rough Draft of a Hero
- The RPG Analogy

## Facing the First Challenge

- Recognizing Mental Enemies
- Refactoring Our Thought Patterns

## The Shadow of Self-Doubt

```
Wendy.mentalIssues.add(  
    "Shadow of Self-Doubt",  
    "Whispers 'You're not good enough'"  
)
```



## Imposter King

```
Wendy.mentalIssues.add(  
    "Imposter King",  
    "He wears a crown made of fear and tells Wendy  
    she doesn't belong here, that she's just lucky  
    and will be exposed as a fraud."  
)
```



IMPOSTER  
KING

## Overload Ogre

```
Wendy.mentalIssues.add(  
    "Overload Ogre",  
    "He carries an ever-growing pile of tasks and  
    responsibilities, crushing Wendy under  
    the weight of burnout."  
)
```



## Facing the First Challenge

- Recognizing Mental Enemies
- Refactoring Our Thought Patterns

# Fighting

And failing...

"Shadow of Self-Doubt"



## Facing the First Challenge

- Try, fail.. And try again .. Repeat .. And repeat
- BUT →
- Learn from your missed attempts

## Overload Ogre

```
while (Wendy.level < Wendy.mentalIssues.get(„Shadow of Self-Doubt“).level) {  
    Wendy.level ++ // evolve  
}  
  
Wendy.mentalIssues.get(„Shadow of Self-Doubt“) // Defeated! – for now
```

## Leveling Up

- Implementing "Game Mechanics" for Mental Health
- Recruiting Party Members

## Leveling Up

- Implementing "Game Mechanics" for Mental Health
- Recruiting Party Members

## Extend Wendy

```
class Wendy {  
    var level: Int = 1  
    var skills: List<String> = listOf("Basic Attack")  
    var mentalIssues: List<Enemy> = listOf()  
    var partyMembers: List<Ally> = listOf()  
}
```



## Party members

```
Wendy.partyMembers.add(  
    PartyMember("Therapist", "Guide", "Provides Clarity")  
)
```



## MindCraft

### Party members

iits

```
Wendy.partyMembers.add(  
    PartyMember("Best Friend", "Support", "Boosts Morale")  
)
```



## Meet the mental Dragon



## MindCraft

### Party members

iits

```
if (Wendy.party.isEmpty()) {  
    println("You are not alone in this battle.")  
}
```

You are not alone



Seek for help

iits

HELP IS NOT A BAD THING!!!

## MindCraft

### Party members

iits

```
class Wendy {  
    var level: Int = 10  
    var skills: List<String> = listOf("Basic Attack,,,"Resilience", "Adaptability")  
    var mentalIssues: List<Enemy> = listOf()  
    var partyMembers: List<Ally> = buildGroup()  
}
```