

Self-Care



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```
# about.yml
```

```
name: Ben Greenberg
```

```
job:
```

- role: Developer Advocate
- company: Orbit

```
location: Israel
```

```
other_details:
```

- children: true





What
This
Talk Is
About

Doing
Good
With
Code

Don't
Forget
Yourself

Personal
Examples



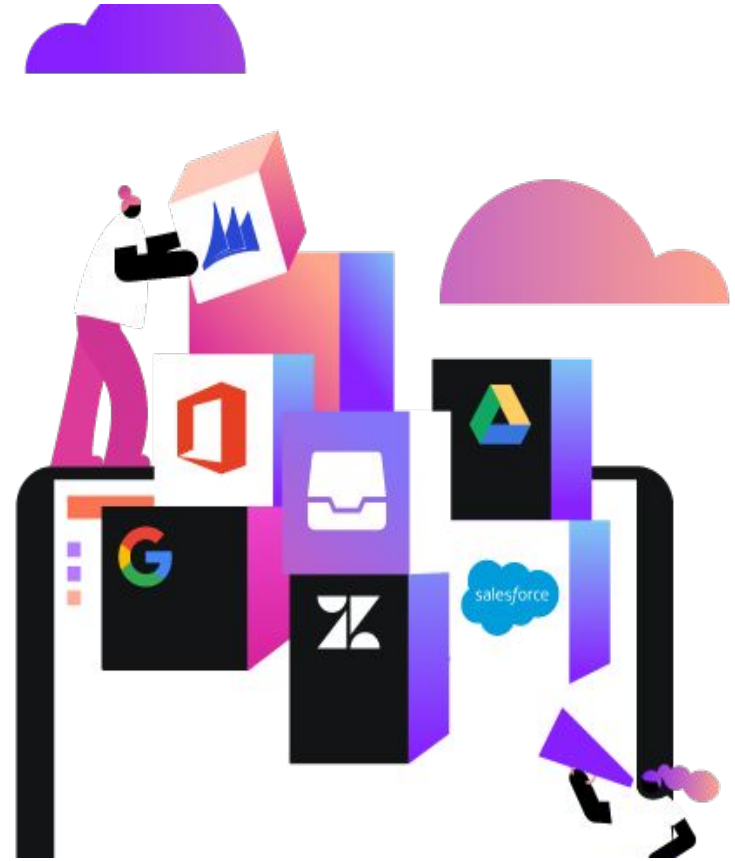
What Are We Talking About



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In This Talk We Are...

Less Focused on Code



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We Are...

**More
Focused
on You**

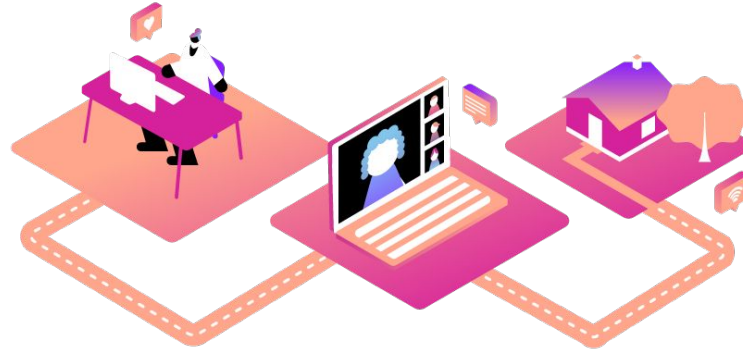


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“If there is anxiety in a person’s heart, let them quash it” (Proverbs 12:25). Rabbi Ami and Rabbi Asi dispute the verse’s meaning. One said: They should forcefully push it out of their mind. One who worries should banish their concerns from their thoughts. And one said:

It means they should tell others their concerns, which will lower their anxiety.”

- [Babylonian Talmud, Yoma 75a](#)



This talk is about you.

✨ What We Can Do As Ruby on Rails Devs To Help Ourselves

✨ Sharing It To Help Others



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Doing Good With Code



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Communal Initiatives

— — —
*“If I am only for
myself, what am I?”*



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*“... citizens of a democracy are collectively responsible for what their society allows; they have a special duty towards those it systematically fails,
and this burden falls most heavily on those most amply rewarded . . .”*

-Chiala Cordelli, Assistant Professor of Political Science, University of Chicago

@sandimetz

Nov 2019

- Sandi Metz, *“Lucky You”*, 2019



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... we are starting to realize that

***the software that
we create has a
real and lasting
impact on the
world in which we
live.***

- An Ethical License to Open Source Projects, The Hippocratic License



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Don't Forget Yourself



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— — —

*“If I am not for
myself, who will
be for me?”*



Self-Interest:

“self among others”

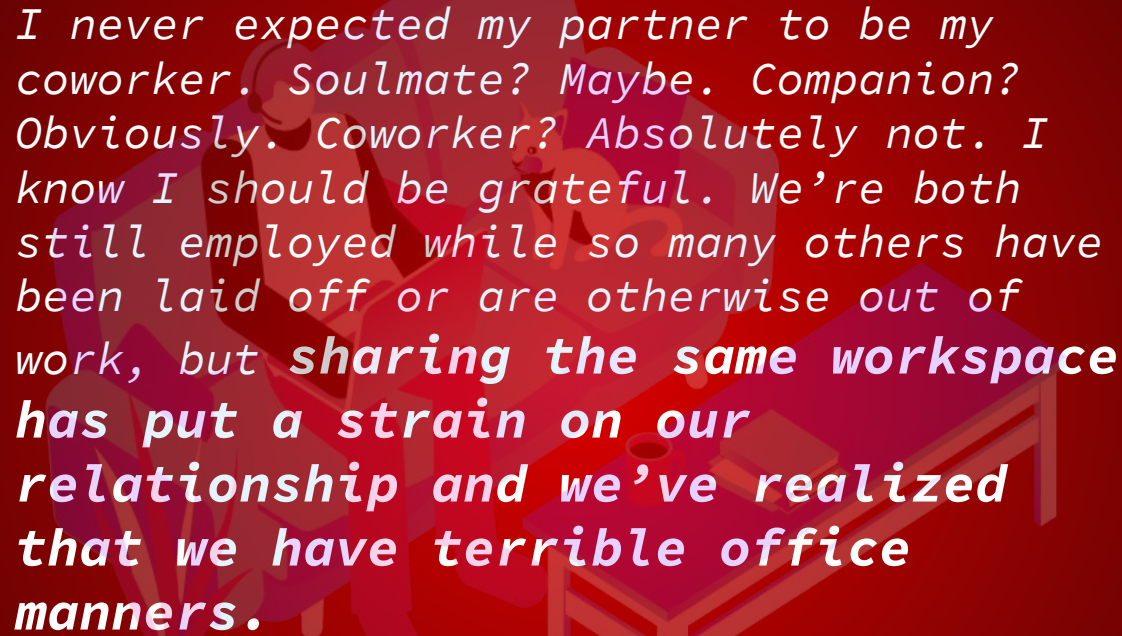
— *Midwest Academy Manual*



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*In Italy and in the Netherlands, some **youth psychiatry wards have filled to record capacity.** In France, where the pandemic's toll on mental health has made headlines, professionals have urged the authorities to **consider reopening schools to fight loneliness.** And in Britain, some **therapists said that they had counseled patients to break lockdown guidelines to cope.***





*I never expected my partner to be my coworker. Soulmate? Maybe. Companion? Obviously. Coworker? Absolutely not. I know I should be grateful. We're both still employed while so many others have been laid off or are otherwise out of work, but **sharing the same workspace has put a strain on our relationship and we've realized that we have terrible office manners.***

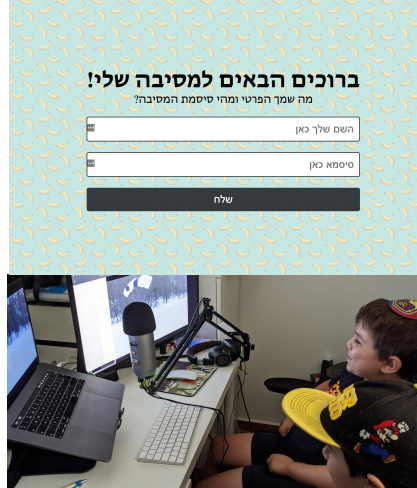
DEV



Personal Examples



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טופס הצהרת בריאות

שם התלמיד:

אני מצהיר כדלקמן:

☐
מדדתי חום לילדי ונמצא כי חום גופו מתחת ל- 38 מעלות צלזיוס. ילדי לא משתעל ואין לו קשיים בנשימה*.

☐
למיטב ידיעתי ילדי לא היה במגע קרוב עם חולה קורונה בשבועיים האחרונים.

☐
למעט שיעול או קושי בנשימה הנובע ממצב כרוני כגון אסטמה או אלרגיה אחרת.

שמות ההורים

ת.ז.

11-09-2020
תאריך

נקה חתימה

ניתן לצרף חתימה עם העכבר.

Video Birthday Party

Health Form Automation



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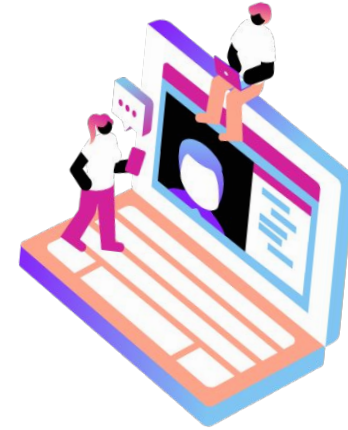
Parenting isn't easy.



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Parenting during a pandemic is:

[fill in the blank]





Birthday Party

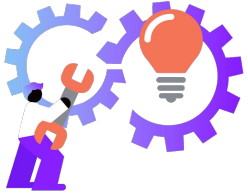
2020 Ideas

- Soccer Party
- Movie Theater
- Bowling and Arcades
- Games in the House
- ...



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Rails to the rescue.



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```
$ rails new birthday_party
```

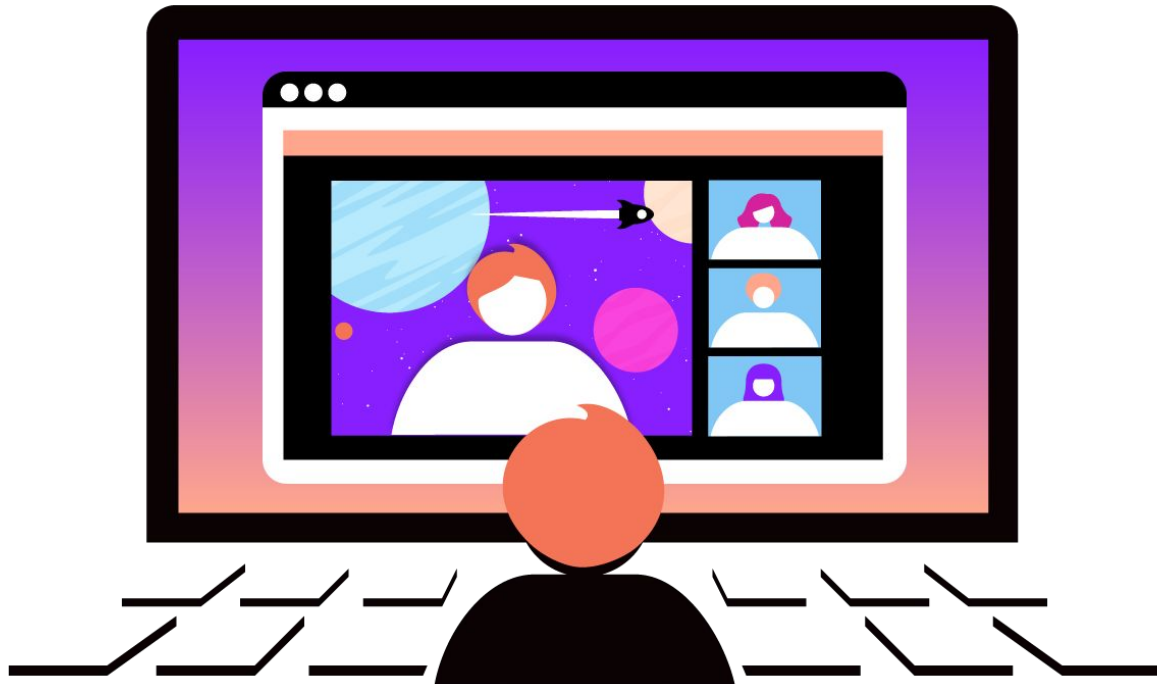


WebRTC

— — —

With WebRTC, you can add **real-time communication** capabilities to your application that works on top of an open standard. It supports **video, voice**, and generic data to be sent between peers..

The technologies behind WebRTC are implemented as an **open web standard** and available as **regular JavaScript APIs** in all major browsers.



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```
async function start() {  
  console.log('Requesting local stream');  
  startButton.disabled = true;  
  try {  
    const stream = await  
navigator.mediaDevices.getUserMedia({audio:  
o: true, video: true});  
    console.log('Received local stream');  
    localVideo.srcObject = stream;  
    localStream = stream;  
    callButton.disabled = false;  
  } catch (e) {  
    alert(`getUserMedia() error:  
${e.name}`);  
  }  
}
```



Golf is deceptively simple and
endlessly complicated; it satisfies
the soul and frustrates the intellect.

Are we talking about golf or coding? 🤔

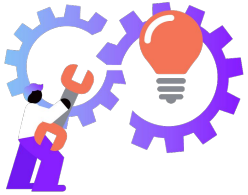


- Arnold Palmer



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There is help.



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```
require "opentok"

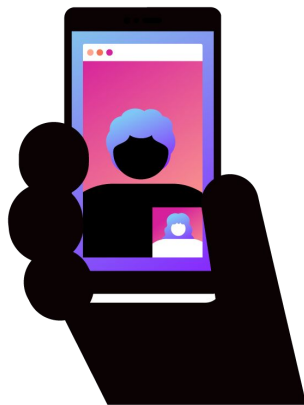
opentok = OpenTok::OpenTok.new api_key,
api_secret

session = opentok.create_session

token = opentok.generate_token
session.session_id
```

```
<script
src="https://static.opentok.com/v2/js/opentok.min.js"></script>

<script type="text/javascript">
  var api_key = '<%= @api_key %>';
  var api_secret = '<%= @api_secret %>';
  var session_id = '<%= @session_id %>';
</script>
```

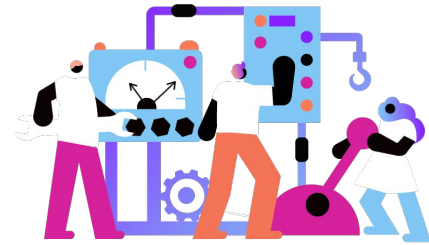


```
const { connect } = require('twilio-video');

connect('$TOKEN', { name:'my-new-room'
}).then(room => {
  console.log(`Successfully joined a
Room: ${room}`);
  room.on('participantConnected',
participant => {
    console.log(`A remote Participant
connected: ${participant}`);
  });
}, error => {
  console.error(`Unable to connect to
Room: ${error.message}`);
});
```



Sorry, you can't escape JavaScript.



Set up the
video
client

```
setupVideoPublisher() {  
  return OT.initPublisher('publisher', {  
    insertMode: 'append',  
    width: "100%",  
    height: "100%"  
  }, function(error) {  
    if (error) {  
      console.error('Failed to  
initialise publisher', error);  
    };  
  });  
}
```

Create
event
listeners

```
setupEventHandlers() {  
  let self = this;  
  this.session.on({  
    sessionConnected: function(event) {  
      self.session.publish(self.videoPublisher,  
        function(error) {  
          if (error) {  
            console.error('Failed to publish', error);  
          }  
        });  
    },  
  
    streamCreated: function(event) {  
      self.session.subscribe(event.stream,  
        'subscribers', {  
          insertMode: 'append',  
          width: "100%",  
          height: "100%"  
        }, function(error) {  
          if (error) {  
            console.error('Failed to subscribe',  
error);  
          }  
        });  
    },  
  
    connectionCreated: function(event) {  
      self.connectionCount++;  
      self.participantCount.textContent =  
`${self.connectionCount} Participants`;  
      streamLayout(self.subscribers,  
self.connectionCount);  
    },  
  
    connectionDestroyed: function(event) {  
      self.connectionCount--;  
      self.participantCount.textContent =  
`${self.connectionCount} Participants`;  
      streamLayout(self.subscribers,  
self.connectionCount);  
    }  
  });  
}
```



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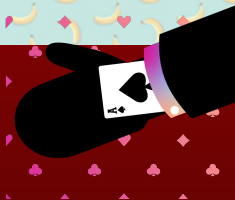
ברוכים הבאים למסיבה שלי!

מה שמך הפרטי ומהי סיסמת המסיבה?

השם שלך כאן

סיסמא כאן

שלח



צ'אט

2 המשתתפים

יום הולדת של יהודה 🎂

מזל טוב!! Yehuda
חיי!! Abba

ההודעה שלך עוברת לראון

שלח

צ'אט

Yehuda: What do you want to watch?

You're watching

Super Monsters

Lost Among the Pines / A Mermaid in Pitchfork Pines

The Super Monsters lose each other while picking moon berries in the woods. On an outing at Crystal Lake, the class meets a mermaid who longs to fly.

Paused

ההודעה שלך עוברת לראון

שלח



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Parenting isn't easy.

... We said this already, right?

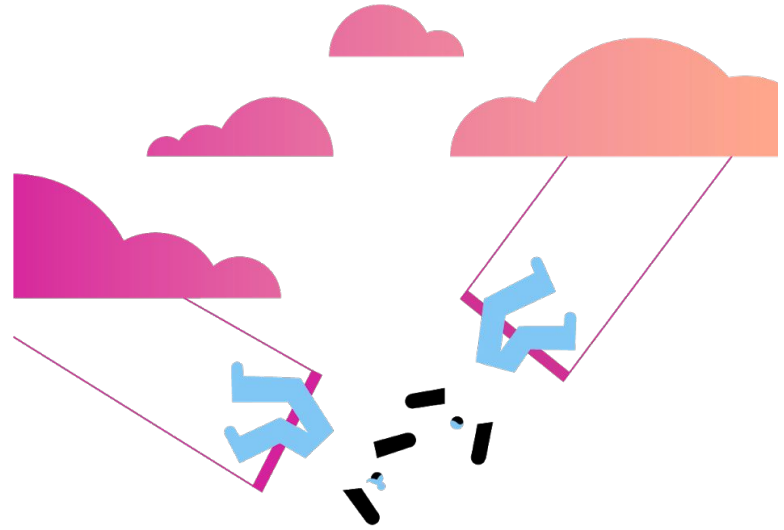


Conduct and distancing guidelines:

- Participants will wear masks at all times, except when eating and drinking or during physical activity
- Pupils will eat their meals outdoors and if not possible, seated in separate tables
- **Pupils will arrive with a signed health declaration every day**, by which their parents undertake that they do not have any symptoms and they are not required to stay in isolation



When everything is
up in the air even
one small new
thing can cause it
all you to crash



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טופס הצהרת בריאות



שם התלמיד:

אני מצהיר כדלקמן:

☐ מדדתי חום לילדי ונמצא כי חום גופו מתחת ל- 38 מעלות צלזיוס. ילדי לא משתעל ואין לו קשיים בנשימה*.

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שמות ההורים

ת.ז.

11-09-2020
תאריך

נקה חתימה

ניתן 'לצייר' חתימה עם העכבר.



When faced with a repetitive task...



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school_declare 0.3.0

A gem to help send the daily health forms for Israeli schools using the tik-tak platform.

VERSIONS:

- 0.3.0** - December 02, 2020 (6.5 KB)
- 0.2.1** - November 30, 2020 (6 KB)
- 0.2.0** - November 29, 2020 (6 KB)
- 0.1.3** - November 19, 2020 (6 KB)
- 0.1.2** - November 18, 2020 (6 KB)

[Show all versions \(7 total\) →](#)

OWNERS:



TOTAL DOWNLOADS
1,022

FOR THIS VERSION
183

GEMFILE:

```
gem 'school_declare'
```

INSTALL:

```
gem install school_declare
```

LICENSE:

MIT

Let's make a gem for that



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```
def fill_out_declaration(page)
  kids = page.divs(class: /name_student_infile/)
  kids.first.wait_until(&:present?)
  kids_count = kids.count
  kids.each do |kid|
    if check_already_submitted?(kid)
      kids_count = kids_count - 1
      puts 'Form already submitted'
      next
    end
    kid.link.click! if kid.link.href
    complete_individual_form(page)
    check_for_errors(page)
  end
  page.refresh
  validate_success(page, kids_count)
end
```

Fill out
the form

```
def validate_success(page, kid_count)
  message = ''
  confirmation_group = page.links(class:
/answer_send pdf_wrap_create_briut/)

  if kid_count == 0 || kid_count.nil?
    message = 'All kids were previously submitted.
Come back next school day!'
  elsif confirmation_group &&
confirmation_group.count == kid_count
    message = "Sent form successfully for
#{kid_count} kids."
  elsif kid_count && kid_count > 0 &&
confirmation_group.count != kid_count
    message = <<~HEREDOC
      Form sent successfully for some of the kids
but not all. There were #{kid_count} kids, but only
#{confirmation_group.count} confirmed.
    HEREDOC
  end

  send_sms(message) if ENV['SEND_SMS']
end
```

Validate
and send
SMS



This talk though was not *really* about code.



It was about *me*.

— — —



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It was about *you*.



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It was about *us*.

— — —



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Giving yourself permission to make your life...



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Easier.



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Less stressful.



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Calmer.



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Self-Interest:

“self among others”

— *Midwest Academy Manual*



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Don't forget yourself

✨ Your skillset can help not only others

✨ Your skillset can help you and the people you love and care about, too



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Resources

