Question 1

Has mental health stigma improved since I was younger?

I think, John, it is all about perception.

To the fly, a life lasts 3 days. Life must fly (pardon the pun) by at a rate of knots. I feel more prepared to face the day at 59, than when I was diagnosed in 1995, aged 30. A lot more people are in touch with their feelings and thoughts.

Like we have Lay preachers
I feel, today, we have more
Lay philosophers.
Possibly because of the
increased magnitude of stored
knowledge at our finger
Tips on computers & devices
and in books.
I think this is the age
of ideas that can be
dreamed into existence.
If stigma is real, and I can
testify that it is how come
I feel less stigmatised today
with more people on the planet

than 30 years ago.
Because I _perceive_ things differently as an older me.
So to conclude Q1, No same stigma exists, however, I have learned more about my self. Through Lived experience.

Question 2

What helps you when your coding is not doing what you want it to? What coping strategies do you, if at all, use?

What helps me? Me
I have a very finely honed
skill, and work ethic
born out of the discipline
of a coder.
With my diagnosis I need
to create a funnel between
now and then. The funnel
provides me with a focus
and a will to build.

I LOVE CODING

my parents and
siblings

If you ever feel calm
then "plugged" in to
the internet, that is how
I feel then coding.
A hot computer, and
a cool head on me.
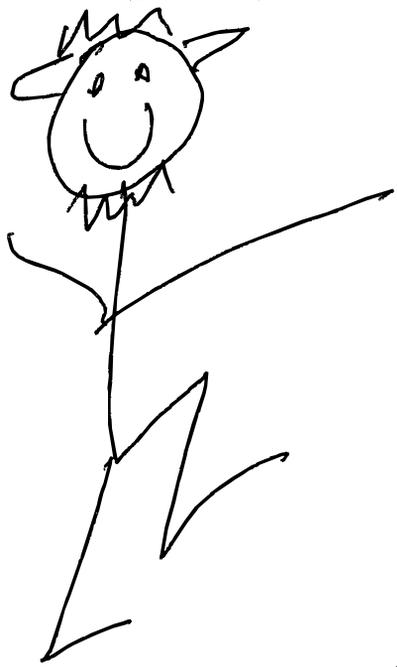
BOOGIE

Thank you John
D for the
opportunity to
join your Blog.