

#FABCONSQLCON2026

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ATLANTA MARCH 16 - 20, 2026



Talking about mental health for you and for them

How to normalize those
uncomfortable
conversations and
understand how to help

Traci Sewell

Traci
She/Her

I am a tech-adjacent psychotherapist who loves enabling others to unlock the power of the human brain

My therapists have four legs – two equine and three feline

I live in the beautiful countryside of the South of England

I do DE&I things for the community

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What is mental health?

It's OK not to be OK

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No one is indestructible

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Not being ok is NOT a weakness

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Asking for help takes courage

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How do I know?



Sleep or Insomnia

How do I know?

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Sleep or Insomnia



Enthusiasm - Esteem

How do I know?

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Sleep or Insomnia



Enthusiasm - Esteem



Plans and
Commitments

How do I know?

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Sleep or Insomnia



Enthusiasm - Esteem



Plans and
Commitments



Self-Care

How do I know?

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What should I say?

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You won't make it worse

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Listen without judgement

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Say nothing

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You don't need to fix

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Reflection and validation

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**Some situations
necessitate the
involvement of
emergency
medical
professionals**





Check on Your Happy Friends

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You won't make things worse

Listening without judgement is one of the most valuable things you can offer

It's not your responsibility to "fix" problems

Not everyone wants solutions, just validation



Talking about mental health - For you and for them

Sound off.
The mic is all yours.
Influence the product roadmap.

Join the Fabric User Panel



Share your feedback directly with our Fabric product group and researchers.

<https://aka.ms/JoinFabricUserPanel>

Join the SQL User Panel



Influence our SQL roadmap and ensure it meets your real-life needs

<https://aka.ms/JoinSQLUserPanel>

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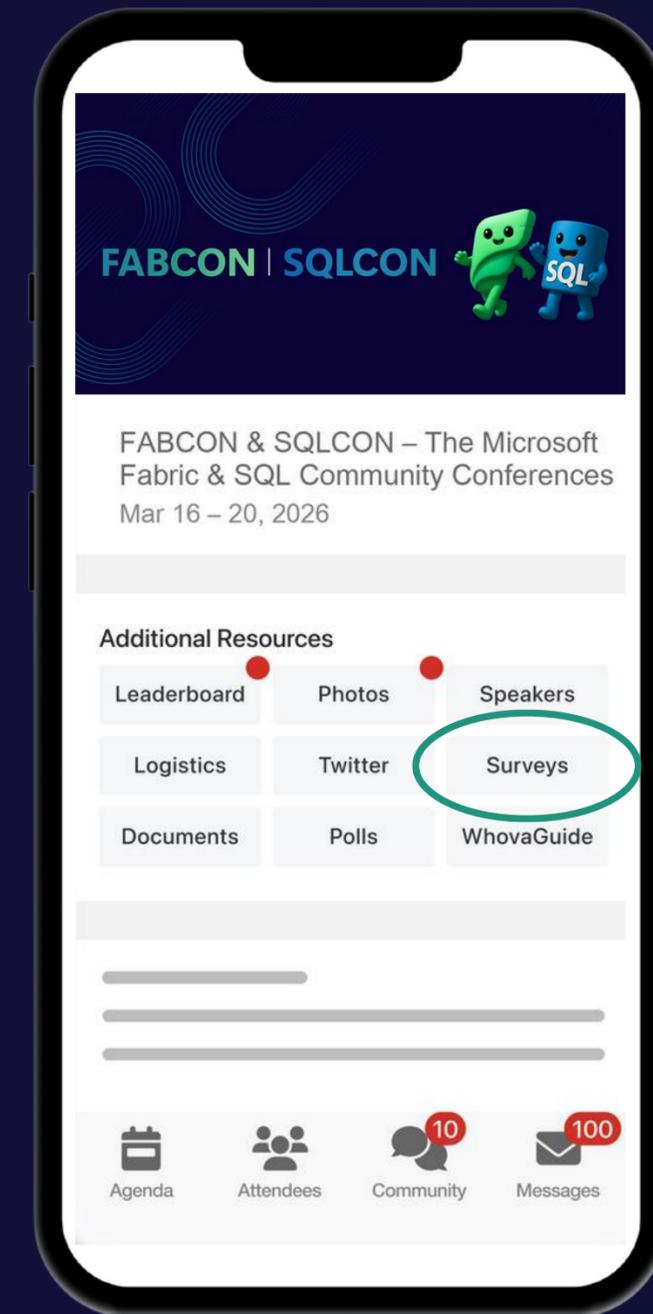
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