

# Profile & Preferences

Customize your profile, theme, language, and sidebar.

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# Update Your Profile

- Avatar → Profile to edit: display name, username (if allowed), bio, and timezone.
- Upload an avatar for easier identification in threads and mentions.
- Set pronouns and a status message to give teammates context.

# Preferences

## Themes & layout

- Choose light/dark theme and message density.
- Show/hide sidebar sections (unreads, favorites, DMs, teams).

## Language & time

- Select your language and confirm your timezone.

## Notifications

- Set global defaults here; override per-room as needed.