



Conference Well-Being 101

Conferences can be the cause of much excitement for attendees. With offerings of boundless opportunities for networking, education sessions galore, and a multitude of other ways to participate meaningfully in advancing the profession, conference attendance can be one of the greatest joys for those seeking to further their professional development. Yet, all of the excitement and busyness can wear on conference goers and leave them feeling drained. Here are some suggestions to combat the conference fatigue and stay on your A-game:

- **Create a schedule:** Careful planning before arriving at the conference can ease the day-to-day navigation process. There is most likely a schedule available prior to the start of the conference, so that attendees can carefully plan out which sessions they would like to attend throughout the day.
- **Drinks lots of water:** The importance of staying hydrated cannot be stressed enough. Bring a reusable water bottle that can be refilled at designated water stations throughout the day.
- **Eat healthy:** This is usually easier said than done, though try to be cognizant of healthier food options that are offered at the conference. Bring along healthy snacks instead of relying only on food sold by vendors. If the occasion arises at a cocktail party or event to partake in unhealthy food choices, remember that moderation is key.
- **Prioritize sleep:** While not everyone needs the same amount of sleep, do not forget that conferences require extra energy. This may mean extra sleep – or quick naps – are needed. Set a specified time in the evenings to retire from the day’s activities and recharge. This is one of the best ways to keep the immune system going strong.
- **Exercise:** Challenge fellow attendees to engage in a friendly steps-competition during the conference. If that doesn’t quite keep you on your toes, check out local fitness classes or trails to hike around the area.
- **Stay positive:** The most important thing is to stay positive and to enjoy the experience. Attending a conference can seem overwhelming at times, so just remember why you decided to sign-up and participate in the first place.

Use these tips during the upcoming [insert annual conference] and experience your most resilient conference yet!

Commented [ASHP1]: Consider this sample language to promote attendee well-being and health at your next state affiliate event.

Commented [ASHP2]: Consider customizing to promote well-being and health at your specific event.