



## EVENT WELLBEING WEEK: MONDAY 23 JUNE

### Permission to Pause

*Dismantle the guilt. Rest is not weakness — it's wisdom.*

#### Why this matters

Events are fast-paced, high-pressure environments. But constantly running on empty isn't a badge of honour — it's a recipe for burnout. Giving yourself (and your team) *permission to pause* is one of the most powerful things you can do to protect wellbeing and performance.

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#### Top Tips for Event Professionals

##### 1. Schedule Breaks Like Meetings

If it's not in the diary, it doesn't happen. Block out short breaks across the day — 10 minutes between meetings, 30 minutes for lunch. Stick to them like you would any other commitment.

##### 2. Create a Culture That Normalises Rest

Lead by example. Let your team see you take breaks, talk openly about needing downtime, and avoid glorifying hustle or “surviving on 4 hours sleep”.



### **3. Set Up a Wellbeing Space Onsite for Crew**

Even a small, quiet area with comfy seating, soft lighting, and minimal noise can be a game-changer. Add hydration, fidgets, and a calm host if possible. Don't underestimate the power of a proper pause.

### **4. Use the 4-7-8 Breathing Technique**

Helps calm the nervous system in under a minute.

- Inhale for 4 seconds
- Hold for 7 seconds
- Exhale slowly for 8 seconds. Repeat 3x. Great for pre-show nerves or mid-event overwhelm.

### **5. Ditch the Guilt**

Rest isn't a reward. It's a biological necessity. You don't have to earn it. The better you recover, the better you perform. Full stop.

### **6. Language Matters**

Swap:


- "I'm just being lazy" → "I'm honouring my limits"
  - "I can't stop now" → "I'll be better if I do"
  - "I need to push through" → "I need to pause and reset"
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## Quick Suggestions for Event Organisers

- ✓ Add 15–30 min breaks between sessions
  - ✓ Promote a “no shame in taking a break” message
  - ✓ Include wellbeing reminders on signage, lanyards, or apps
  - ✓ Offer seated breathwork or mindfulness sessions onsite
  - ✓ Check in with your team at regular intervals (and actually mean it)
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## Use this reminder today:

 “Today, I give myself permission to stop. Not because I’m failing — but because I’m human.”

## Quote of the Day:

*“You don’t have to earn your rest. You’re allowed to pause.”*

EVENT  
WELLBEING  
WEEK



The Power of Pause  
2025