

# Your Wellbeing Toolkit

For Visitors at The Meetings Show 2025

Event Wellbeing Week | 23–27 June | #PowerOfPause

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## Welcome, Visitor!

Whether you're here to learn, explore new ideas, reconnect with peers or just get inspired — this guide is here to help you do it all without burning out. You've got a lot to take in... so don't forget to take a breath, too.

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## Why This Matters

It's easy to underestimate how full-on a trade show can feel. Constant movement, loud spaces, tight schedules, and endless stimulation — it can be a lot, especially for neurodivergent minds or anyone who gets overwhelmed in crowds.

But you don't have to power through. You're allowed to pause. In fact, your experience will be better if you do.

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## The Power of Pause: Self-Care in the Chaos

Pause points to build into your day:

- Use the SensoryGarden between sessions for a moment of stillness
  - Use the SensoryCalm Quiet Room if the noise or crowds get too much
  - Bring noise-reducing earplugs or fidgets if you need support in busy spaces
  - Write down three things you learned — then walk away to let them settle
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## Wellbeing Trail Favourites for Visitors

No matter what you came to the show for, these sessions are designed to leave you feeling nourished, not drained:

- Wednesday @11:20 — The Generation Game  
Explore how wellbeing and inclusion work across age groups in our industry.
  - Thursday @12:00 — Networking That Works (for Introverts)  
Yes, networking can be authentic and energising.
  - Thursday @12:40 — Neurodiverse Inclusive Guidelines for the Event Industry  
Find out how events can better support all brains — maybe including yours.
  - ☐ Thursday @15:20 — The Decompression Session  
End your visit on a calming note with breathwork, audio therapy, and grounding movement.
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## Your Wellbeing Checklist

- ☐ I've scheduled pauses between sessions or meetings
  - ☐ I know where the SensoryCalm and SensoryGarden spaces are
  - ☐ I've taken time to eat, sit, and breathe
  - ☐ I've picked one session just for me, not just for work
  - ☐ I've honoured my energy, not just my schedule
  - ☐ I've reminded myself that rest is part of the experience
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## Your Pause Spaces

### SensoryCalm Quiet Room

A safe, quiet space designed with low lighting, calming textures, and sensory tools. Supervised and welcoming to anyone who needs to step away.

### SensoryGarden

A lush, nature-inspired zone to reset your nervous system and breathe. No agenda, no expectations. Just calm.

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## Want More Support?

Follow #PowerOfPause for more tips during the show  
Sign up at [eventwell.org](https://eventwell.org) to receive daily wellbeing nudges

Enjoy the show — and make space to enjoy it your way.