

Your Wellbeing Toolkit

For Exhibitors at The Meetings Show 2025

Event Wellbeing Week | 23—27 June | #PowerOfPause

Hey Exhibitor, We See You

You're juggling demos, meetings, stand traffic, and likely surviving on caffeine and adrenaline. But your wellbeing matters too — and burnout shouldn't be the cost of doing business. This guide is your permission slip to pause, even on the show floor.

Why This Matters

Exhibiting is high-energy, high-stakes — and often underestimated in terms of what it takes from you. Long days, constant interaction, standing for hours — it's a lot. And without space to reset, it can take a toll on your body, mind, and voice.

Power of Pause: Real-World Ways to Look After Yourself

Small strategies, big difference:

- **Switch shifts.** Agree team break times so no one skips lunch or sits with stress all day.
 - **Take a turn in the SensoryGarden.** You're allowed a few minutes to reconnect with yourself.
 - **Quiet Room = Game Changer.** The **SensoryCalm Quiet Room** is open throughout the show. Use it.
 - **Hydrate + nourish.** Energy drinks ≠ food. You need actual fuel.
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Wellbeing Trail Picks for Exhibitors

Can't leave the stand for long? Here are quick, powerful sessions worth popping out for:

- **Wednesday @10:00 — Workplace Yoga**
Loosen tight muscles and boost circulation before your day kicks off.
- **Thursday @10:40 — Move, Breathe, Thrive**
A mid-morning movement break to reboot your energy.

- **Thursday @14:40 — From Burnout to Balance**
Because running on empty isn't a business strategy.
 - **Thursday @15:20 — The Decompression Session**
Close your show experience with calm, not chaos.
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Your Wellbeing Checklist

- I've built breaks into my team rota
 - I know where the **SensoryCalm** and **SensoryGarden** spaces are
 - I've stretched or moved at least once today
 - I'm drinking water and not skipping meals
 - I've let myself pause — even if just for 90 seconds
 - I remembered that a calm team = a high-performing team
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Need a Reset? Head Here:

SensoryCalm Quiet Room

A peaceful, low-stimulation space with soft seating, noise-reducing zones, and calming sensory aids. Ideal for a short reset away from the buzz.

SensoryGarden

A beautiful biophilic retreat with greenery, calm textures and gentle sounds – the ultimate recharge space right inside Excel.

More Support?

Follow #PowerOfPause for daily tips and wellbeing nudges.

Visit eventwell.org for additional resources.

Your team is your greatest asset — and that includes you.