

Mental Wellness at AMCHP 2023

Attending a conference can be exciting but overwhelming and exhausting. Take care of yourself! Recognize your limits and make a plan to manage your mental health and well-being.

Take this 2-minute survey to
check-in: bit.ly/40bALwK



You have permission to prioritize your well-being and take breaks based on your needs.

Conference Features

- Yoga with the CEO
- Quiet Rooms
- Lactation Lounge
- Water Refill Stations

Mindfulness Tools

- 5-4-3-2-1 Activity
- Prioritizing Self-Care
Reflection Worksheet

Learn

- Mental/Behavioral
Health Track
Presentations

#AMCHPMentalHealth
#MentalHealthMonth

Tune-In to Recharge

- Spotify Meditation Library
- Guided Meditation Apps
 - Insight Timer
 - UCLA Health (14 languages)
- MCH Bridges: Redefining Rest

Local Resources

- MHA LA Affiliate
- NAMI LA Chapter

Entertainment

- Film Screenings
- Walking Ghost Tours
- Food and
Entertainment

Stay Amenities

- Fitness Center and Pool

Joining **Virtually?**

Zoom fatigue is real. Zoom fatigue is exhaustion, burnout, or a range of maladies (e.g., headaches) associated with the overuse of virtual meetings. The increased cognitive load of being on video chat, reduction of our usual mobility, close eye contact, and watching ourselves all day contribute to fatigue.

Here are additional tips to incorporate well-being practices in your virtual conference experience.

Create a Comfortable Environment

- Wear comfy clothing
- Ensure an enjoyable workspace
- Mix up your meeting space (e.g., move to the couch for a session)

Build Breaks Into Your Schedule

- Your rest periods do not need to match the breaks indicated in the conference agenda. Please take breaks on your schedule
- Try to take 10-minute breaks in between each session
- Incorporate your usual mobility during breaks

Turn Off Your Camera as Needed

- Please turn off your camera for non-verbal rest
- Take an “audio only” break by turning off your camera and turning your body away from the screen

Reduce Screen Distractions

- Utilize the "speaker view" feature to minimize the number of people on your screen
- Limit multitasking on your computer. Instead, doodle or notetake to stay engaged