

Heath & Shelly's selfcare tips for TLCC Denver



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Heath Wilder and Shelly Binkley co-chair the Neurodiversity & Mental Wellness Tessitura Community and are longtime TLCC veterans. Here they share their top selfcare tips for a positive conference experience.

Prepare

1. Pack for success: headphones, maps, timetable, water, and backup note device (so you don't get caught out of battery).
2. Don't try to do it all: make a list of goals of what you most want to get out of the conference. Build your schedule based on those goals, and make sure to leave yourself some down time. It's ok not to attend every session and activity.
3. Download the Marriott Bonvoy mobile app to get your room key on your phone. No more anxiety about forgetting your room key! <https://mobile-app.marriott.com/en-us>

Mental Health

1. Eat and drink intentionally to sustain yourself (note to self: there are other food groups than sugar and caffeine).
2. Mindfulness: check in that you are not overwhelming yourself and take a timeout when you need to. Apps like [FormScore](#) and [Daylio](#) can help track mood.
3. Quick distress techniques (sensory/interpersonal/deadlines):
 - a) These [breathing exercise gifs](#) will help you relax
 - b) Meditation app of choice. Some great free apps are [Smiling Mind](#), [UCLA Mindful](#), and [Insight Timer](#)

- c) Spend some downtime in the Quiet Room located in Cottonwood 1, Level 1 of the conference center
4. REMEMBER TO SLEEP and have a wind down technique for the night. Swim, do light yoga, read, meditate, etc. Arts Wellbeing Collective has a [collection of meditations](#).
5. Exercise at the hotel's fitness center, walking paths, pool, and ball courts to relieve stress and wind down after a full day. Affinity groups have yoga mats for stretching & self-care. A quick link to the [Gaylord Hotel Map](#) for easy reference.

Friend Zone

1. Need a timeout, but worried that you will miss an important session? Add a comment to that session's page in the TLCC app asking other attendees to share their notes.
2. Buddy up: Do you need a networking buddy? Have you planned a check-in for big stress times? In the TLCC app, Use the [Find a conference buddy](#) chat room to help identify someone who can serve as a friendly support person.
3. Attend one of the [Neurodiversity & Mental Wellness affinity group meetups](#) to meet others and find support (affinity group meetups are offered Monday: 7:30am & 1pm; Tuesday: 8:30 & 1pm; Wednesday: 7:30am in Red Rock 1, Level 3).
4. Give yourself some grace: whatever happens is the only thing that could have happened.