CHECKLIST

Conference Overwhelm Management Checklist

- [ ] Identify quiet zones in the venue before sessions begin
- [ ] Set a realistic limit on new conversations
- [ ] Pack headphones and water to manage sensory input
- [ ] Choose seats near exits or at the back of rooms
- [ ] Write down one achievable goal for the day
- [ ] Prepare polite exit phrases for conversations
- [ ] Give yourself permission to skip sessions or leave early