



Serenity Suite | Where Wellness Meets Innovation

Services We Offer

VR Meditation

Audio-Only Meditation

Eye/Temple Massage
with Audio

Foot Massage Machines



A Sanctuary of Serenity on the Show Floor

Safe Expo offers meeting attendees a much-needed respite from convention chaos. The Serenity Suite transforms the conference experience with premium relaxation services, designed to rejuvenate the mind and body while enhancing overall wellness.

VR Meditation Experience

Attendees are immersed in tranquil virtual environments while guided through calming meditation sessions. The latest technology transports them to serene landscapes for the ultimate mental escape.

Audio Meditation Sanctuary

A curated collection of meditation sessions helps guests find their center. Perfect for those who prefer to focus purely on sound and breathing techniques.

Automated Luxurious Eye & Temple Massage

A relaxing treatment featuring:

- Soothing audio accompaniment
- Therapeutic hot and cold therapy
- Targeted pressure point relief
- Deep relaxation techniques

Automated Foot Massage

State-of-the-art massage machines melt away the stress and discomfort of walking the expo floor.

Attendees choose their own wellness session length: 5, 10, or 15 minutes.

For more information, contact us at Matt@SafeExpo.Org | 844-792-0800, x201



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RELAX



RECHARGE



REFRESH

Artist rendering of Serenity Suite — actual elements may vary.

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American Heart Association®

Healthy for Good™

STRESSED OUT? YOU'RE NOT ALONE

Even before the coronavirus pandemic, Americans were among the most stressed populations in the world. But in a 2022 survey, about three quarters (76%) of adults reported their physical or mental health was affected negatively. Around one third of adults felt completely overwhelmed with stress daily — 46% were under the age of 35 and 42% were between ages 35 to 44.



Stress can fuel unhealthy behaviors, such as:

- Smoking
- Overeating
- Physical inactivity

Over the long-term, chronic stress may contribute to risk factors for heart disease and stroke including:

- High blood pressure
- Diabetes
- Inflammation and plaque buildup in the arteries
- Depression and anxiety

UNIQUE STRESSORS

Underrepresented racial groups may face a greater risk of high blood pressure, heart disease and poor outcomes for heart conditions due to stress, depression and anxiety linked to social and economic inequality, discrimination and other societal factors.



YOU CAN FEEL BETTER

Try different techniques to manage day-to-day stress, including pandemic-related stress from staying home. Build resilience with healthy habits such as quitting smoking, getting enough sleep and eating nutritious foods. Try out mindfulness practices such as meditation and gratitude.

Focus on:

- Physical activity
- Healthier eating
- Not smoking
- Better sleep quality

The American Heart Association has tools to help. Learn more at heart.org/BeWell.

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American Heart Association®

Healthy for Good™

BREATHING BRINGS BENEFITS.

Take deep breaths to trigger healthful responses.

POSITIVE RESPONSES FROM YOUR BODY

Did you know?

Taking slow, deep breaths can prompt several positive responses within your body. **Deep breathing can:**



Help to manage stress and even pain



Reduce feelings of anxiety and depression



Stabilize (or lower) your blood pressure



Send more oxygen to your body's organs



Promote calm, by affecting your nervous system

INVOLUNTARY, BUT ALSO CONTROLLABLE

Of course, you go on breathing without ever thinking about it. But you can control your breathing, with just a little effort. That means you can get the many benefits of deep breathing whenever you need to!

TRY "4-7-8 BREATHING"

There are a handful of deep breathing techniques you can try. For example, with **"4-7-8 breathing,"** you inhale through your nose for four counts, then hold that breath for seven counts. Finally, exhale through your mouth (slowly) for eight counts.



MAKE IT PART OF YOUR ROUTINE

Check out our **"Habit Coach" videos** if you want to make deep breathing exercises a healthy habit!

heart.org/HealthyForGood

Self-care isn't selfish

Taking care of yourself can help you recharge.
But you don't need a trip to the spa to reduce stress.
Try these proven activities anytime, anywhere.

Get some alone time

It's okay to take a breather when things get stressful.



Talk to a friend

A chat (or venting session) can help reduce stress.



Spend time with pets

They can help you manage anxiety and get you moving more.



It's okay to say "no"

Give yourself permission to set boundaries.



Get some fresh air

Walking in nature can improve your mood and relieve anxiety.



Unplug to recharge

Take a break from social media, email and stressful headlines.

WOMEN AND STRESS

Chronic Stress and Women's Health

Adapting to stress is important because chronic, unmanaged stress can lead to mental health problems such as depression and anxiety. These problems impact 1 in 5 women each year.



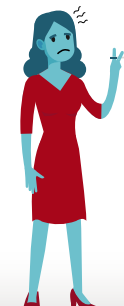
Stress can also lead to unhealthy habits:



Overeating



Physical inactivity



Smoking

Healthy Ways to Cope with Stress



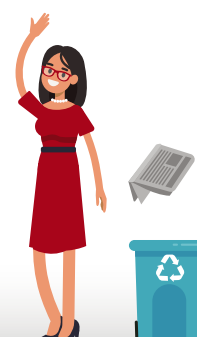
Speak to your doctor about stress in your life and how it may impact your health.



Make time to unwind. Try to do some other activities you enjoy.



Connect with your community or faith-based organizations. Get in touch online, through social media or by phone or mail.




Take breaks from watching, reading or listening to news stories.


Take care of your body.

 Eat healthy, well-balanced meals.

 Exercise regularly.

 Get plenty of sleep.

 Avoid tobacco and excessive alcohol use.

 Take deep breaths, stretch regularly.

Learn More at heart.org/Stress



American Heart Association®

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STRESS LESS WITH HEALTHY HABITS

1. **Slow down.**

Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Sleep well.**

Try to get seven to nine hours of sleep each night. To fight insomnia, get regular physical and activity during the day.

3. **Let worry go.**

The world won't end if a few things fall off your plate. Give yourself a break and just breathe.

4. **Laugh it up.**

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. **Get connected.**

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**

Volunteer your time or spend time helping a friend. Helping others helps you.

8. **Be active every day.**

Exercise can relieve mental and physical tension. Find something you enjoy and stick with it.

9. **Give up the bad habits.**

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**

Make time to learn a new skill, work toward a goal, or to love and help others.

EAT SMART MOVE MORE BE WELL

Learn more at
heart.org/HealthyForGood

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