

Anxiety Support Resources

Quiet Spaces at Ai-Kon



Health Room

The health room is available if you need a breather and is supervised by trained health care volunteers.



Your Hotel Room

If you have a hotel room, that's the best place to take a break.



Outdoor Spaces

Take a walk in the mall, sit in the hotel lobby, or outside the RBCCC.

How to Help Someone Experiencing Anxiety Issues

- ✓ **Find Support:** Ai-Kon is a community. Convention staff, volunteers, friends, and family can help.
- ✓ **Listen:** Ask the person experiencing anxiety what might help them.
- ✓ **Communicate:** Try to maintain a calm environment. Try to maintain space for the individual.
- ✓ **Be Understanding:** "Just Calm Down" can be a big ask for someone experiencing anxiety issues.

Living Your Best Ai-Kon Life



Sleep

Be sure to get enough sleep for you.



Hydrate

Bring a water bottle with you. Non-alcoholic drinks are also available for purchase from RBCCC concession.



Breathe

It's okay to take a little personal space and time!



If you or anyone you know is experiencing major anxiety issues beyond what you are capable of or comfortable with dealing with on your own please find a staff member and visit the Health Room.