

PREPARING FOR GENERAL CONFERENCE

A guide for anyone experiencing
General Conference-related anxiety

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WHY WOULD ANYONE
HAVE ANXIETY ABOUT
GENERAL CONFERENCE?

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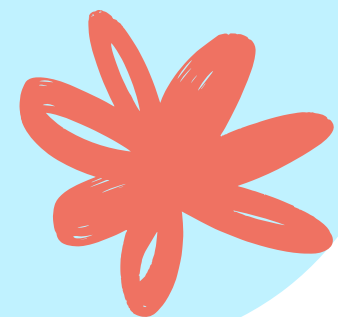


SOME COMMON CONCERNS:

- Speakers may talk about subjects that can be sensitive (marriage, gender identity, LGBTQ equality, abuse, etc) which could be upsetting or triggering to specific individuals
- Anxiety about the unknown (what will be said?, what will be announced?, will there be big changes made?, etc)
- New policies are sometimes announced, which could potentially have a negative impact on them or their family/loved ones
- Feeling guilty because of difficulty sitting through a lengthy broadcasts due to physical health issues, anxiety or attention disorders, etc.

In a **2022 poll** of Lift+Love Instagram followers, **75%** indicated that they experience stress/anxiety related to General Conference.

In the same type of poll conducted in **2023**, Lift+Love Instagram followers, **82%** indicated stress or anxiety about General Conference.



Here are a few things **you** can do if you are experiencing anxiety about the upcoming General Conference...



TIP #1 - SELF CARE

In the days (and hours) leading up to the start of General Conference, do self-care activities that bring you peace or help you feel closer to God

A few ideas: meditation, prayer, spending time in nature, making time for friends, watching your favorite movie, baking, organizing a closet, exercising, etc)



TIP #2 - PLAN AHEAD

If you want to watch the Conference broadcasts live, but are nervous about how you might react to things that are said, make a plan for what you will do if this happens.

For example, you can plan that if you start to feel uncomfortable, you will turn your tv/phone off and take a break

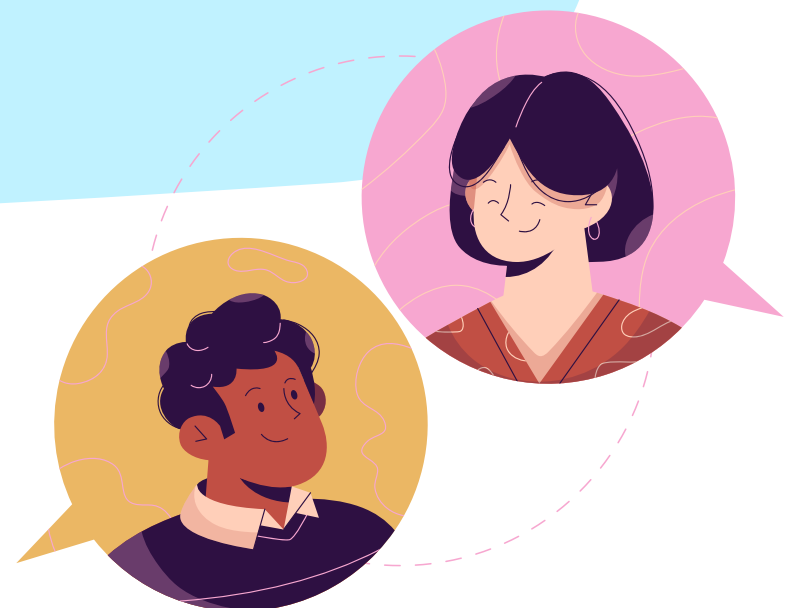


TIP #3 - FIND A BUDDY

If possible, plan ahead to watch General Conference with a *supportive* family member or friend.

If you don't have a support person who can be in person with you, consider watching while video-chatting or messaging with a friend or relative

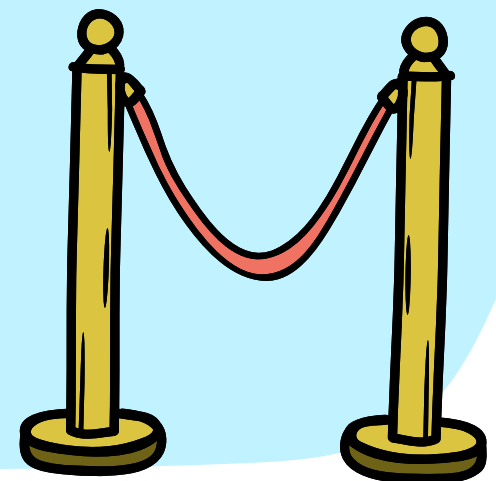
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TIP #4 - LIMITS

It's okay to know your limits and choose not to be overwhelmed. If you are unable to watch all the General Conference broadcasts live, consider watching **ONLY ONE** live session...

(or if a whole session seems overwhelming, maybe try to watch **ONE** live talk?)



TIP #5 - INSTAGRAM!

If you don't feel able to watch the General Conference broadcasts live, but still want to stay in the loop of what's going on, there are Instagram accounts that post unofficial quotes & announcements in real-time during Conference

(one example is @thegeneralconferenceproject)

