

## I LOVE WordPress WordCamps!

Nothing beats escaping “real life” to be surrounded by people who actually want to talk about WordPress 24/7.

In truth, I’m not sure where I’d be had I not discovered the world of WordPress WordCamps. I share about this here: [When was the last time you felt seen?](#)

## Yet, every coin has 2 sides

While amazing, it is also much more stimulation than most of us are used to getting. That, coupled with possibly staying out past our bedtimes and having a drink or two can make the days that follow less than pleasant.

Thankfully, with some intentional self-care, you can prevent the dreaded Conference “Flu”.



## Here are some tips from some WordPress WordCamping pros:

“Due to the amount of sitting required, I find a hard run helps me recover.” ~ [Landon Otis](#)

“YES. Need a quiet day to decompress and go over notes, relax, prep for work, etc. Must schedule an open day after.” ~ [Rachelle Wise](#)

“Naps for sure. ☐ I’m usually good after 1 camp and can go back to work Monday but back to back camp weekends, 1 of which was WCUS, has forced me to actually take yesterday, today, and tomorrow off. Yesterday I actually slept until 7am. SCANDALOUS! lol” ~ [Tim Cantrell](#)

“Sleep. Breakfast tacos. Water. Repeat. There are three breakfast tacos that have medicinal properties: 1) Bean, cheese, and bacon 2) Potato, egg, and cheese 3) The trashcan, whose contents vary from place to place Drowned in salsa, of course.” ~ [Pressable](#)

“I napped for 3 hours after I got home. I think a lot has to do with flying. I drove to one WC. Took my time. Stayed at a hot springs along the way and felt great after. Flying almost always involves weird hours, waking too early, etc. It’s hard. I’d say, Don’t drink alcohol.” ~ [Angela Bowman](#)

“Oh my goodness!! I thought it was just me! I’ve learned I have to bring water with me to conferences to stay hydrated and, whenever possible, I try to rest/relax before a conference.” ~ [Aida](#)

“I’m planning to invest in some extra vitamins and Airborne before I fly. I find that flying makes things worse for me. I did 8 camps this year and the only one I got sick after was WCUS...where I was on 4 airplanes.” ~ [WPCoffeeTalk](#)

“I have very often. But it’s the camps where I set super strict boundaries on bed times and getting away on my own for a bit where I’ve been able to come home energized.” ~ [Matt](#)

“After WCUS I was beat! A good long sleep, a nice long run the next day, and good food helped me get back in the swing of things. But it took about 4 days until I felt “normal” again” ~ [Emily Hunkler](#)

“I used to work a non-WordPress conference every weekend. Fly out Friday and back Monday. Prevention helped a lot during the weekend I drank lots of fluids, protein centric breakfast, always had a cardigan sweater, trail mix snacks, really great shoes. Comfy sweatshirt on plane” ~ [Laura Byrne Cristiano](#)

“Extra sleep, hike/walk/run somewhere with trees. Always have a distinct need to burn/metabolize food/drink out of my system, breathe and clear my head so I can refocus on the important ideas and the actionable opportunities.” ~ [Brett Bumeter](#)

“I like to take a scheduled day off work after any conference/travel where I don’t have anything scheduled. I relax but also work a little bit so that when I return to work the day after I’m caught up and am able to transition back smoothly.” ~ [rudyfaile](#)

### **Do you have any Conference “Flu” prevention techniques?**

I’d love to add them to my list.

You can comment below or better yet, [join the conversation on Twitter](#).

### **PS: Ever thought about Speaking at a WordCamp?**

Check out my [WordPress WordCamp Speaker Wisdom](#) post full of speaking tips from WordPress speaking pros.

