

# Taking the Stress Out of Travel



Even if you're jetting to a sunny climate on your dream vacation, travel can be stressful. Any change in routine, scenery, eating habits, or time zones can take its toll on your well-being.

## *Here are some things you can do to minimize travel stress.*

- Begin to prepare for your trip well in advance of your departure date. Make a list of things to do each day.
- Finish packing your bags at least one full day before you leave. Devote the rest of the day to quiet activities, such as reading, napping, taking a leisurely bath, or listening to soothing music.
- Allow plenty of time to reach your destination or catch your flight. It's better to have time to spare than to rush.
- Once you reach your destination, don't over-schedule every day with endless hours of shopping, sightseeing, sports, and partying. Allow for some "downtime."
- Don't overeat, especially at night.
- Get enough sleep. Otherwise, you'll come home pooped instead of renewed and refreshed.
- Get some exercise.
- Schedule your return so you have a day or so to "decompress" before you return to work.