

## 6 Tips to Relieve Stress When Traveling or at Home

Desperately need a vacation but feeling so stressed out you just want to stay home? No one is stressed out on vacation, right? Actually, many people find that traveling can bring additional stress. Using a travel advisor can definitely help eliminate the challenges of travel planning. At It's Your Oyster Travel our mental health background enables us to create itineraries that allow you to focus on what you need most from your travels. Read on for helpful tips on to reduce stress whether you are traveling or at home.



1. Make your self-care a priority! Do something that is just for you, whether that is enjoying a couple hours of reading or listening to a podcast, having a relaxing spa treatment, or taking a well-deserved nap. Self-care is NOT selfish it is critical to stress reduction and resilience. Regardless of where you are take time for yourself.



2. Try something new. Learning a new skill is an effective way to increase self-esteem and happiness. Take a culinary, art, gardening or music class. You get bonus endorphins for getting out of your comfort zone so why not try parasailing or zip lining! Want to learn a new dish from a Chef from across the globe from the comfort of your kitchen...there's a zoom class for that!



3. Change your scenery! Sometimes getting out of your head requires a break from routine. Move your desk outside or have a picnic at lunch. Taking a trip to someplace that inspires you is a wonderful change of scenery; however, when that is not possible, work with what you have to gain a new perspective. Check out my weekly emails or follow travel and tourism boards to get ideas of destinations to add to your wish list.





4. Get moving! Exercise is a huge part of wellness and resorts and ships make it easier than ever to accommodate an active lifestyle with classes and top-notch gyms. Exercise has been shown to be as effective as a therapy session so get those steps around the neighborhood or on the top deck of an amazing ship.



5. Connection has important mental health benefits. People that feel connected report less stress and are more likely to reach out to their support systems in times of need. Strengthen those connections with your family, friends, travel companions or the world. Explore culture, music, food and wine from the region you are visiting or at home. Memories are largely shared experiences: great conversations, breaking bread together, laughter and cheers!



6. Practice Mindfulness. Meditation, guided relaxation, deep breathing and yoga are powerful stress relievers! These skills allow you to disconnect for a short time and recharge. Even the busiest folks can spare ten minutes to reap these benefits. Practice mindfulness at home or on the go and with many apps available you will be a pro in no time.

Incorporate these stress reducing strategies and get more out of your next trip regardless of whether it is in your backyard or across the globe! When you are ready to prioritize your self-care reach out and I can create a customized itinerary for the vacation you deserve. It's Your Oyster...Let me help you explore it!