

TIPS FOR MITIGATING TRAVEL STRESS



Summer is the time of year that is popular for vacations. Whether traveling with friends or family, there are ways to ensure the trip is enjoyable. Here are a few tips to help decrease travel stress:

Plan early. Include dates, locations, and the budget. Create lists for easy packing and remembering essentials. Book boarding locations or pet sitters early.

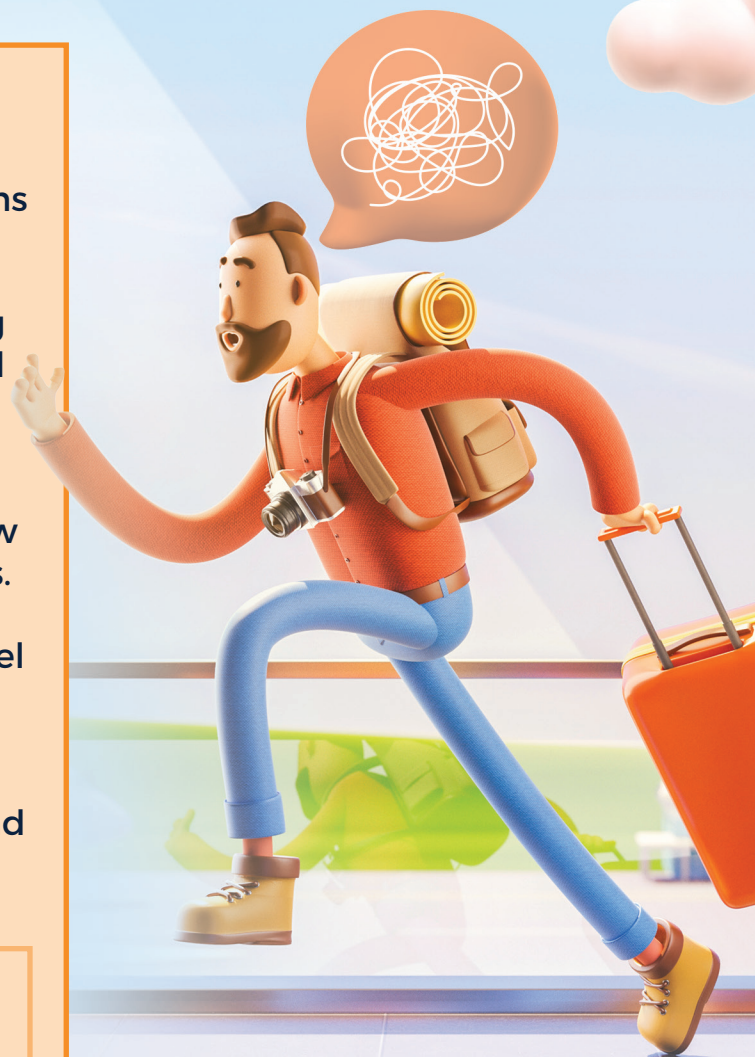
Be ready for an emergency. Prepare for getting separated from each other and for unexpected weather events. Discuss a safe meeting spot, emergency contacts, and location of hospitals.

Remember self-care. Get proper sleep and allow for family down time. Maintain sleep schedules.

Be flexible. Purchase open date tickets and travel insurance for those 'what if' moments. Take a moment for naps and playing at a park.

Combat boredom. Carry board games, cards, and coloring books to pass the down time.

**REMEMBER, PLAN FOR FUN,
BUT ALWAYS BE PREPARED.**



For more information on how to manage stress, contact your local Family Advocacy Program, Community Counseling Program, Child and Youth Program, or Semper Fit programs.