

Wander Freely, Stress Less: Strategies to Reduce Stress on the Go



As summer nears, so does the chance for travel and adventure. Whether you're flying solo, planning a getaway with friends, or organizing a family vacation, prioritizing self-care and stress management is key to ensuring a memorable and fulfilling travel experience.

Healthy Travel Habits



Embrace Spontaneity: Wander freely and discover new places and experiences at your own pace



Try Local Delights: Explore farmer's markets or food festivals to savor seasonal produce and culinary delights.



Capture Memories: Take photos and create shared albums to capture special moments.



Stay Flexible: Maintain a flexible itinerary for varying interests and energy levels, allowing for the unexpected.

Stress Reducing Techniques

→ Stay Grounded

Practice grounding exercises such as walking barefoot on grass or sand to connect with nature and promote relaxation.

→ Look Forward to Home

Ensure you return to something enjoyable, like a tidy space or fun upcoming plans.

Self-care on the Road

- **Morning Mindfulness:** Start each day with a moment of mindfulness--meditate, do deep breathing exercises, or simply savor a cup of coffee while watching the sunrise.
- **Nature Therapy:** Spend time outdoors--hike in the mountains, stroll along the beach, or picnic in a local park.
- **Restorative Rest:** Prioritize rest to recharge your body and mind--nap, read, or simply enjoy quiet moments of reflection.

Join our webinar to dive deeper into stress-free travel tips.
 June 26th at 12:00-12:30 PM EST.
 Scan the QR code or click here to sign up now:
info.kapnick.com/strive-monthly-webinars

