

# 10 Ways to Travel With More Ease

Travel is one of life's great joys, but for many people, it comes with a side of stress. Here's how to arrive calmer, stay grounded, and actually enjoy the journey.



## Schedule Medications

Keep them in your carry-on and set reminders for dose times.



## Buffer Time

Give yourself more space than you think between activities.



## Limit Alcohol

Alcohol disrupts sleep, dehydrates, and amplifies anxiety.



## Protect Sleep

Keep a consistent bedtime, even across time zones.



## Move Your Body

Movement is a reliable mood anchor you can take anywhere.



## Comfort Anchor

Bring something familiar to calm your nervous system.



## Realistic Expectations

Things will go sideways, so try and reframe the "perfect trip."



## Don't Overschedule

Leave room for rest and the unexpected.



## Exit Strategy

Give yourself permission to leave early or take time alone to reset.



## Recovery Day

Plan time to decompress before real life resumes.

The best souvenir you can bring home is a sense of having truly rested.  
Give yourself permission to make that the goal.