

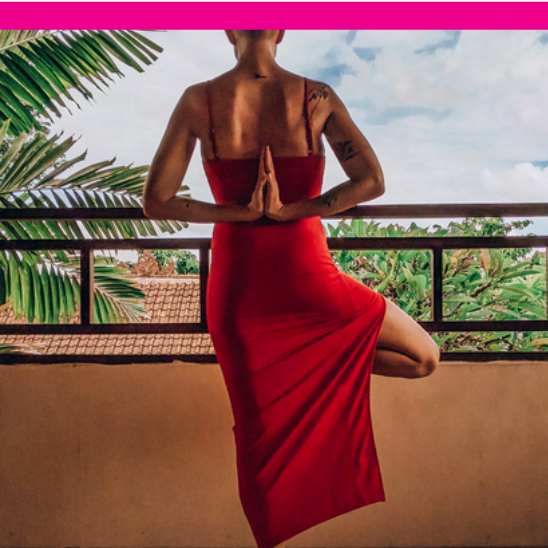
# NAVIGATING TRAVEL BURNOUT

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HELP!

# I LOVE TRAVEL. WHY DO I FEEL BURNT OUT?



Let's talk about this!! So many people love travel, but fail to talk about something VERY real that happens - known as travel burnout. When you hit the point where you just...can't anymore. It may be a beautiful destination or a great group of friends that you're with, but

sometimes, it just hits you like a ton of bricks. So, how do we deal? Let me start by saying - IT HAPPENS TO EVERYONE! You are not alone. Even the most experienced travelers deal with it. Here are some tips to navigating those tough times...

I have several videos of me bawling my eyes out from travel

burnout, not really

understanding why or what was going on with me. Now that I can name this feeling and what causes it, I've come up with some strategic ways to combat it.

1. It is okay to "Netflix and Chill." Some travel burnout can come from sheer overstimulation. New countries, sounds, languages. So much is being thrown at you constantly.

You need to



**"TRAVEL BURNOUT IS A REMINDER THAT EVEN THE MOST EXCITING ADVENTURES CAN TAKE A TOLL ON OUR MIND AND BODY. TAKE A BREAK, SLOW DOWN, AND TAKE THE TIME TO RECHARGE. SOMETIMES THE BEST JOURNEY IS THE ONE WITHIN OURSELVES."**

remember that you are **ALLOWED** to take a day to do nothing. Many of us tend to overpack our itineraries to make sure we are getting the most out of our travels. But sometimes the best thing you can do is mentally "unplug" and just stay inside for a lazy day.

2. Find a comfort food that reminds you of home!  
Sometimes we get burnt out from missing familiarity. See if you can find a simple dish that gives you the feeling of being home. For me it was finding a hamburger amongst

all the rice dishes of Asia. It may very well be different for you, but you know yourself best, and you know what food will give

you that "home-cooked" feeling.

3. Spend a few days in one place. It's easy to want to hop from here to there, to make sure you're getting the most out of your travels. But the act of traveling (packing up, moving, checking into a new place, unpacking) can cause burnout pretty quickly. Allow yourself to really "sink" into a location for a minimum of 4 days before moving on.

4. Meditate and move your body. This is the one that everyone hates to hear because it's so common. But it's common because IT WORKS. Moving your body and getting your blood flowing helps stimulate your endorphins and serotonin which can instantly put you in a better frame of mind. Couple that with a quick 5 minute meditation to center yourself and focus on gratitude and you've got a DIY for a happy chemical release.

5. And the last way I've found to deal with travel burnout is to remember this simple thing...



# IT'S OKAY TO GO HOME EARLY!

It does not mean you have failed. It does not make you any less of a traveler. You will not have "wasted" your time. If anything, it shows that you know yourself and your boundaries and you're staying true to those. I wish someone would have told me this as I was bawling my eyes out in Asia. It is always okay to go home. There will forever be more opportunities for adventure, but your mental health and wellbeing should be priority number one!