

# HOW TO COMBAT POST TRAVEL DEPRESSION

Inevitably we always end up daydreaming about our epic trip, and getting hit with pangs of longing for that time again. How can you navigate these feelings?



@WanderlustingHippie



*"It isn't the place that you miss, but the person you became when you were there"*

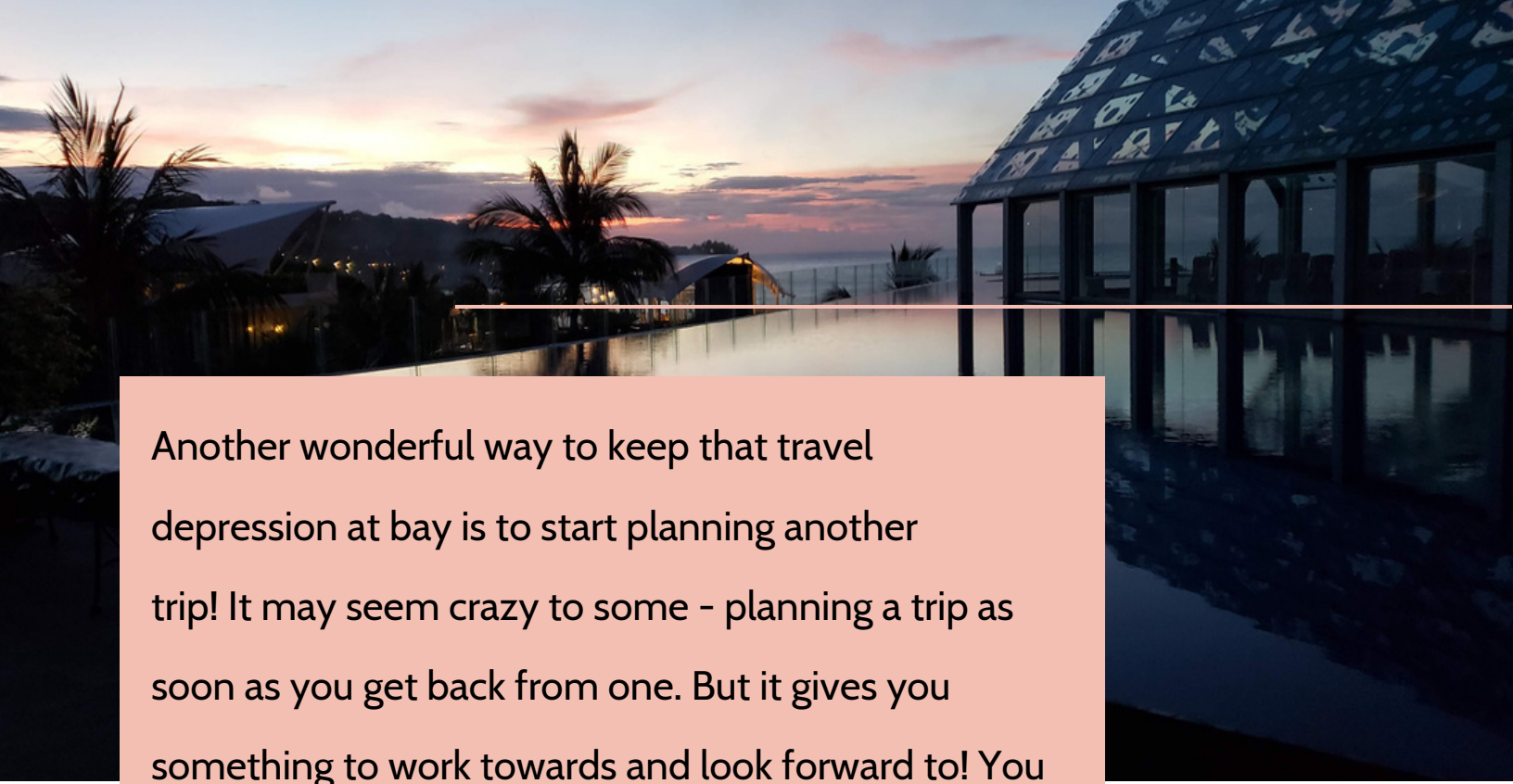


How can we navigate post travel depression? By understanding that it isn't necessarily the place you miss, but more the person that you became within the context of that place. So bring part of "travel you" home!

What is something that "travel you" did that you can now integrate into your home life? For example, I've never been against candles, but I've never been a "candle person." However when I lived in Berlin for 2 months, every apartment I stayed in had candles - and I started lighting them first thing when I woke up in the mornings. It became a little ritual that "travel me" loved.

Now that I've returned home, I'm indulging more in lighting candles around the house - to keep in touch with that travel version of myself!

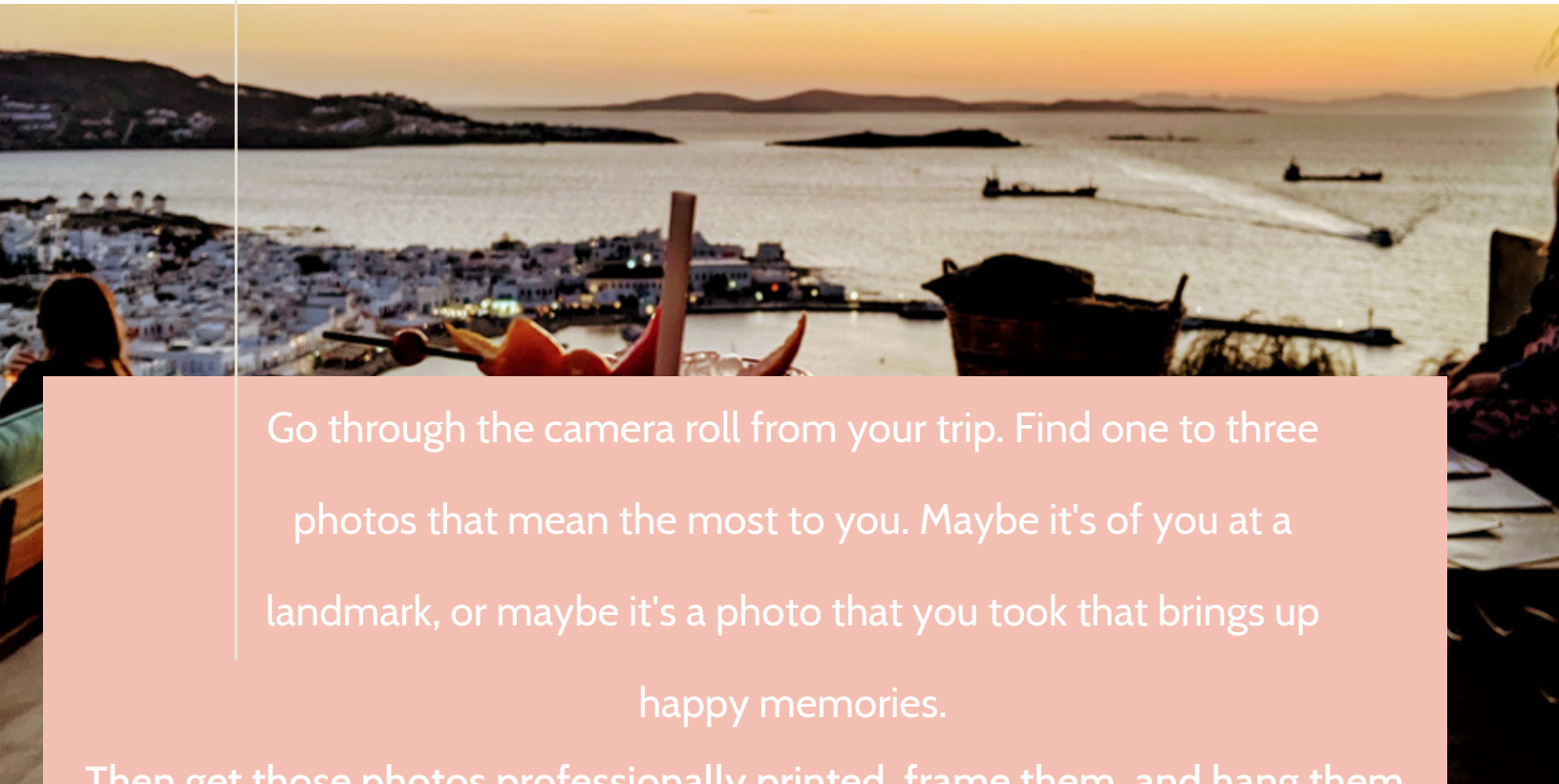
What can you find like that for you? A special tea, perhaps? Or practicing the language of the country you miss, just to hear the sounds again.



Another wonderful way to keep that travel depression at bay is to start planning another trip! It may seem crazy to some - planning a trip as soon as you get back from one. But it gives you something to work towards and look forward to! You can reflect on what you liked and didn't like about this previous getaway - and decide what kind of things you'd like to do again.

Even something so simple as deciding you want to visit a place with more vegan options, for example, can get you excited to do research for the next trip you take. Choosing a new location and opening the map to just explore restaurants, bars, museums - whatever YOUR thing is! Looking forward to a next trip will wipe out the depression and fill you with drive and excitement!

Another (super fun!) way to keep that depression at bay...



Go through the camera roll from your trip. Find one to three photos that mean the most to you. Maybe it's of you at a landmark, or maybe it's a photo that you took that brings up happy memories.

Then get those photos professionally printed, frame them, and hang them in a place that you see every day! Not only will it encourage you to plan your next adventure, but you can re-live a little bit of your trip every time you walk by them!

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