

## **The psychological benefits of traveling and how to make the best out your trip**

Even though traveling can be stressful and even sometimes a source of a lot of anxiety to some, its benefits are many.

People travel for different reasons. Some go on vacation, others travel to study abroad, some travel to start a new career. Whatever the motive of the travel is, the traveler should prepare himself ahead of time at multiple levels. Besides the logistics aspects of the preparations, one is often underestimated: the psychological aspect.

Any travel has a stressful side, and sometimes it's a positive kind of stress. When we travel on vacation, making sure that everything goes the way it was planned is stressful and can have some physical and mental side effects. This is why it's important to be familiar with those possible symptoms and to avoid ruining the trip.

Traveling doesn't often take place as smoothly as one expects. Many things can happen unexpectedly such as a flight delay, a lost luggage, getting lost at an airport, language barrier...

Some people enjoy such challenges and consider them as part of the "adventure". However most travelers are less flexible and get frustrated even if one little thing goes unpredicted.

Attempting to keep one's mind open to misfortune and staying optimistic is key to managing stress due to travel and to avoid having the trip ruined. Preparing in advance and foreseeing potential challenges is very beneficial psychologically. It allows the traveler to better deal and to better manage stress.

Staying focused on the purpose of the trip is very important. People who go on vacation should try to make the best of their trip even if one or two things go wrong. It's impossible to control everything ! Look at things from the bright side. Usually conflicts tend to get resolved eventually. By the time you figure that out you could have ruined your trip if you stay negative and pessimistic.

Benefits from a vacation when you travel beat the few unforeseen events. They include:

**Traveling gives us the opportunity to disconnect from our regular life.** We get to forget our problems. It also helps us figure things out that we would not have understood without the distance traveling gives us.

**Another great benefit is the relaxation we get to do.** It's nice to live life to its fullest and enjoy a stress free time with yourself. Going on vacation lets us recharge our "batteries" by disconnecting us from our regular life.

**Traveling increases our knowledge and widens our perspective.** To view new customs, different ways of living is fantastic for the mind. It gives us a new perspective

about life and especially our life, it can help us change some of our habits or even create new ones.

**When traveling with friends or family it creates memories for a lifetime.** These memories will create a bond that nothing can erase no matter what happens with the friendship/relationship.

**When traveling alone it creates opportunities to meet new people.** When you're on your own, it's just *easier* to find new friends. You'll probably find that more backpackers will strike up conversations with you, invite you along on their adventures, etc..

**Traveling gives you the freedom to do things you never do at home.** It allows one to feel free and to indulge in adventures and experiences that he or she never thinks of in their home country.

**Traveling widens your resources and gives you advantages when applying to a new job.** Often at job interviews, one gets asked about the sense of independence and autonomy which are reflected by different behaviors including one's experience in travels.

There are many benefits to traveling. Despite many possible conflicts and challenges that are more likely to happen, traveling still brings us a very strong positive foundation to ourselves, our knowledge, our emotions and our mind.

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