

REST HUB

Travel Ready



Travelling Minds: Tips to optimise wellbeing during travel



Plan & prepare

Planning and preparation can help to reduce anxiety and uncertainty.

- > Familiarise yourself with your destination (i.e., country, accommodation, facilities etc).
- > Adapt your home routine for travel; what might work while you are away? What items will create a sense of familiarity and consistency for you?
- > Focus on factors within your control while acknowledging those beyond your control and influence.



Expect the unexpected

Be flexible in thinking, and adaptable to unexpected changes or disruptions.

- > Embrace the adventure of travel! Challenges and surprises are all part of the journey.
- > Consider contingencies for common travel disruptions.
- > Accept that not everything will go according to plan. This mindset will help to reduce stress and disappointment around travel, but also when managing other setbacks or adversity.



Self-care

Prioritise self-care before, during, and after travel.

- > Identify your self-care needs whether it is physical, mental and/or emotional.
- > Discuss with those important to you, the use of social media and potential impact on wellbeing.
- > Prioritise rest, hydration, and nourishing foods, and engage in activities that help you to relax and recharge.



Social supports

Stay connected throughout.

- > Social support can provide comfort and reassurance. Maintain communication with friends and family at home, as well as those on the ground.
- > Before you leave, connect with your support team talk about how you will communicate.
- > Identify who you can go to for support when needed.



Be present

Practice mindfulness and stay present in the moment.

- > Pay attention to your surroundings; this optimises wellbeing, but also trains focus and attention, factors that benefit performance.



Relax & rehearse

Use travel downtime to engage in mental rehearsal techniques.

- > Mental practice can enhance focus and readiness for competition.

For individualised support, consult an accredited psychologist.