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Some Traveling Tips for Your Sanity

I see several friends heading on vacation during this time right before schools starts. I am a bit sad we took ours earlier in the summer! The last two years, my family and I have been able to travel with our extended family to new destinations. These trips hold great memories of cousins playing and adults visiting around games!

With all the new and fun, how do you hold off stress and tiredness that vacation brings? Here a few travel tips to consider!

1. Mix up your days

I am a planner...sometimes to a fault! Some planning definitely benefits the traveler. Try to have a mix of scheduled and unscheduled days. Some spontaneity will provide experiences you never would have had otherwise, especially when traveling in a group.

2. We all need something from home

If you are traveling with kids, you know to never forget that special blanket or stuffed animal! Same can be true for adults. Grab something from your home routine to help you stay sane on the road. For me it was my ear buds to listen to a new book and my journal.

3. Rest and enjoy

If possible, start the trip out rested. If not, indulge in a nap here and there. A trip should be meaningful in many ways, and if you aren't able to enjoy what you are out doing, it may result in a negative experience. Our family has also put into practice coming home in time for a day of rest and catch up before we go back to our normal routine.

4. Treat your travel as an experience, not as a product to consume

I recently heard this on a podcast interview that National Public Radio (NPR) correspondent, Elise HU, did with Author and Artist, Jenny Odell. As a planner and sometimes one that just tries to 'get it all done', this statement stuck with me. Odell said, "if you acknowledge ahead of time that meaning is going to come from the place and the experience (not from me), it can change the perspective of your trip." Had I heard this before our vacation, I may have treated my days a bit differently.

6. You don't have to leave home to be transformed.

My sister and her family are coming back to Southeast Kansas for their vacation. They will stay at the family farm and do day trips from there. I have decided to put this into practice as I spend some time with them. I hope to bring a curious and open perspective to my time 'away' and enjoy this experience rather than taking the outside world for granted with my daily routine.

I hope you have a great last few days of summer, wherever you are! For more information, contact Tara Solomon-Smith, tsolomon@ksu.edu, or by calling 620-724-8233.

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