

# Travel Wellbeing Tips



If you're concerned about your morning commute, try to avoid peak times for a less-crowded journey

If you're unsure about heading back to the office, a gradual approach can feel less overwhelming: start with one day a week and build up from there



If it's been a while since you commuted, plan your route the night before, buy tickets in advance, and leave a little earlier than you used to (you'll feel more in control)

If the idea of being on a crowded bus, tube or train is making you anxious, invest in some noise-cancelling headphones, create a happy playlist, or bring along a gripping read



If you're travelling with kids this summer, think up some in-car games to keep them entertained, or download plenty of apps on their tablet

If you're planning a staycation, be prepared for busier roads than normal. Try to avoid peak travel times, and plan plenty of stops



If you're worried about driving the distance after a year of minimal travel, can you take a train to your UK holiday destination, and make it part of the experience?

If you're not looking forward to the drive to work, tune into a podcast you've been meaning to catch up with. It'll give you something to focus on



If you're concerned about the end of restrictions, keep your mask and hand sanitiser at the ready; holiday spots will be crowded, and you need to feel comfortable

If you're feeling disappointed at missing out on a holiday abroad, start a scrapbook or Pinterest board of all the places you'll see when the world returns to normal

