

# How To Practice Self Care During Travel

Written by AZFoothills.com

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Traveling is honoring your own relaxation. However, with all the traveling and moving from place to place, it can sometimes be tiring and stressful. This is especially true if you are traveling to a foreign country, which often requires long flights, multiple train rides, and a time change. You can end up sleep-deprived and unsettled. With that said, keeping up with your self-care is important to remain cool, calm, and collected throughout your entire vacation! Follow our guide to self-care trips while you're traveling.

## Don't Skip Skincare!

Oftentimes, the climate will be different wherever you decide to vacation. With that said, if you have sensitive skin then you might suffer from the change. Be sure to maintain your pre-existing skin-care routine while you're on vacation. Wash your face and moisturize to keep the skin happy.

Additionally, it may be a good idea to give your skin time to get acclimated to the new weather. It's important to keep up with the products that keep your skin happy or integrate new ones that help it stabilize in new environments. For example, if you don't already implement collagen in your skin routine it may be a great idea to purchase some [vegan collagen powder](#) before you travel!

## Get Enough Sleep

Getting enough sleep is more important for our bodies than we think. Most people need at least 8 hours of sleep to feel energized throughout the day. When we are sleeping our bodies refresh themselves which is so crucial for a vacation!

If you are switching time zones, try to plan ahead and adjust your sleep schedule before you head out. Depending on if you are moving ahead or behind your time zone, try to wake up earlier or later before your trip to get used to the change. If needed, use an eye cover and earplugs to sleep peacefully. Remember that you will have jetlag and you need to give your body the time to rest and get used to a new environment.

## De-Stress

Once you are finally settled in your hotel or Airbnb, take some time to de-stress with a bath or hot shower. Make sure you get comfortable in your own hotel room and take a deep breath when you need it.

Another great way to unwind is by ordering some room service and getting to stay home. Sometimes, we need a little time to lay down before we begin our list of activities. You can take this time to call your friends and family members and let them know you're safe. Give yourself a night to rest before you tackle too much!

## Create A No Phone Zone

Although you may want to document your experience on your social media the whole time, it is important to live in the moment and put down your phone. Create a physical space for your phone or designated time to check all your messages or friend's posts you want to catch up on for the day. It can be bad for your eyes and mental health to be checking your phone too often -- especially on a vacation!

## Journal and celebrate the wins

Traveling abroad and experiencing different cultures can be overwhelming. It can also be exhausting trying to plan out all the things you want to

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see or do while you are at a destination for only a short amount of time. Here's where a pen and paper can be extremely useful.

Take a [journal](#) and write down your plan for the day and what you'd like to accomplish. Surprisingly, by organizing your thoughts onto paper, you will already begin to de-stress. Not only that, but write down what you've accomplished after a day of traveling and meeting new people (who maybe speak a different language).

### **Eat some fruits or veggies**

It can be very difficult to eat healthy on a vacation. But, one too many margaritas and enchiladas can lead to your body feeling off-balance. Take some time to visit the nearby grocery store or farmers market and buy some [fresh fruits](#) or veggies to add some much-needed nutrition to your trip. On the other hand, don't be too hard on yourself if you feel you haven't remained as healthy as you had wished.

### **Get Some Movement In**

Whether you are having a super relaxing vacation or you're moving around a lot. You should get in some exercise or stretching to make your body feel good. If you are doing tons of hikes or walking around, it may be a good idea to do some yoga or stretching. On the other hand, if you are not moving much, you may want to consider working out!