

After Travel Checklist

Recuperation Time

Take a few days after your trip to recuperate. Recuperation time should be scheduled in advanced and planned out in order to maximize its effect. Make a list of recuperation activities and plan to engage/indulge in them during the recuperation phase to your hearts desire.

Recuperation Activities

- Naps/Extra Sleep
- Quiet Time
- Aromatherapy
- Calming Yoga Session

Activities that will help me get back into my rhythms and routines

- Get back to your healthy eating habits
- Make plans with family, friends or members of your team that will help you get things back to normal
- Drink plenty of water to re-hydrate your body
- Exercise

Plan Appointments With Professional Support Team

- Therapists
- Coaches
- Spiritual Mentors
- Doctors
- Psychiatrist

Once you are able to acknowledge the disruption in your relationship, apologize if needed, then discuss how to make it better in the future!