

How To Thrive During Travel Exercise

Packing and Planning Before Travel Checklist

Packing Checklist			
Toiletries		Tools To Lower Intensity of State	
☐ Toothbrush ☐ Soap ☐ Deodorant ☐ Cologne ☐	☐ Perfume ☐ Toothpaste ☐ Lotion ☐	☐ Medicine ☐ Sleeping Aid ☐ Vitamins/ Supplements ☐	☐ ☐
Clothing		Additional Items	
☐ Shirts ☐ Dresses ☐ Jeans ☐ Pants ☐ Shorts ☐ Socks ☐ Jacket ☐ Underwear ☐ Pajamas ☐ Undershirts ☐ Workout clothes	☐ Shoes ☐ Sandals ☐ Slippers ☐	☐ Headphones ☐ Book ☐ Magazines ☐ Ipad/Tablet ☐ Laptop ☐ Laptop Charger ☐ Phone Charger ☐ Phone ☐ Keys ☐ Wallet ☐ Purse	☐ Makeup ☐ Ear Plugs ☐ Water Bottle ☐
Trip Organization Checklist			
Scheduling		Homecoming Prep	
☐ Pick Best For Me Travel Times ☐ Minimize Lay Overs ☐ Straightforward Travel Arrangements ☐ Calculate Trip Length According To My Accounting For Time Plans ☐ Determine Daily Schedule Ahead of Time	☐ Fit extra days into schedule for recuperation time after travel ☐	☐ Clean Home ☐ Plan After-Travel Recuperation Activities	☐ ☐

During Travel Guide for Bipolar and Depression

Use this travel guide to develop a plan that will help you respond to your state appropriately DURING your travel journey. Make sure to fill this guide way ahead of your trip so you have some time to reflect about the concepts presented and how to implement them when the time comes.

Make Time to Identify Your State and Its Intensity

What will I do DURING my trip to make sure I am fully aware of my state? For example, journal, do the *introspection exercises*, consult with bipolar IN Order coach, consult with a therapist or doctor, etc, etc...

Is The State Interfering With My Ability To Function?

If after checking in with yourself about your state you notice that the state is interfering with your ability to function answer the following question. What will I do DURING travel to lower the intensity of my state and get back *inside my comfort zone*? Think of the list you developed during the **Tools To Lower The Intensity of State** course. Tools must be 100% effective and reliable.

Implement your state specific Accounting For Time Plan

After you decide that your state is in fact interfering with your ability to function in this trip, it is time to take action and implement the Accounting For Time plan as taught in the Bipolar IN Order course. Write it out and have it ready for when the time comes.

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!

Practice Introspection After Travel

Take some time during the recuperation phase of your trip to assess your progress. Use the Introspection skills to help you become clear your ability to function as desired and to make plans on how you can challenge yourself further on future trips. Feel free to use following question or make up your own for this exercise.

- Did I consider my comfort to function when engaging in the planned activities? What did I do to make sure of that?

- Did I acknowledge any mistakes made during the trip and not beat myself up about them? What were they?

- Did I consider the comfort of those around me? How did my behavior show the Bipolar Advantages?

- Did I use my mistakes as an opportunity to grow? What will you try next time?

- Did I make plans on how I can change things to help me function better on future trips? What are the new plans?
