

Business Travel & Stress

Creating a Healthy Balance



Business Travel in the 21st Century

- 40% of today's business executives take an average of 21 business trips annually.
- Business trips are longer. Travelers are spending an average of 48 nights away from home- up by three nights from last year.
- 95% of travelers have been forced to change their itineraries after departing from their original destinations.

Business Travel in the 21st Century

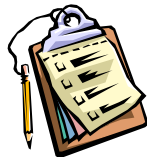
- Nearly 40% of business travelers have witnessed verbal or physical abuse while travelling.
- Major tools for business traveler's today include laptop computers, cellular phones, and the use of email to communicate with colleagues and family.

Business Travel & Stress

- While many view business travel as a positive experience, they also acknowledge that work overload, fatigue & family disruptions result in an increase in stress.
- For the workplace, this means an increase in the cost of healthcare in the form of increased healthcare claims & reduced work effectiveness.
- Men & woman experience stress differently

Business Travel & Stress

- Travel itself
- Workload concerns
- Your personal life



Travel Itself: Logistics

- Have a good travel service
- Plan trips as far in advance as possible
- Get layout of airports & gate information in advance
- Check flight departure before you go to the airport
- Make sure bags are marked well
- If you are checking bags, bring essentials in a carry on
- Pack light

The Travel Itself: Personal First Advantage®

- Take care of yourself
 - Get enough sleep
 - *BYOS (Bring Your Own Snacks)*



Workload First Advantage®

- Prepare
- Delegate
- Learn to say “NO”



Workload First Advantage®

- Get the most out of today's technology
 - Cell phones
 - Laptops
- Keep expectations realistic

International Travel First Advantage®

- Read up on the country you will be traveling to
- Photocopy for passport
- Get acclimated
- When in doubt, assume a formal attitude
- Take medications with you
- Get the proper vaccinations
 - www.cdc.gov/travel/travelmap.html

Your Personal Life First Advantage®

- Stay connected with your significant other
- Stay connected with your kids
- Find travel rituals that help make your business trips personally rewarding

Friends & Significant Others First Advantage®

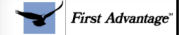
- Include significant other in travel planning
- Stay connected while you are away
- Spend quality time with significant other when you return
- Communicate

Your Children



- Leave notes/messages for your children
- Communicate each day with your children
- Allow a period of adjustment when you return home
- Spend quality time with your children when you return
- Communicate openly

Taking Care of Yourself



- De-stress techniques for the body
 - *General health*
 - *Exercise*
 - *Diet & nutrition*

Taking Care of Your Mind



- De-stress techniques for the mind
 - *Stress care package*
 - *Simple pleasures*
 - *Adaptive thinking*
 - Remember the serenity prayer
 - Grant the serenity to accept the things I cannot change
 - Change the things I can
 - And the wisdom to know the difference

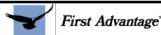
4 Types of Air Travelers



- The Punctilious Passenger
- Master of the Universe



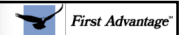
4 Types of Air Travelers



- Anxious in the Air
- Flexible Flier
- Air Transit Stress Scale
 - jbricker@u.washington.edu or
 - isarason@u.washington.edu

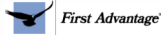


Is It Stress Or is it Jet Lag?



- Jet lag
 - *Fatigue*
 - *Disorientation*
 - *Becoming irrational*
 - *Broken sleep patterns*
 - *Dehydration*
 - *Limb discomfort*

If It Is Jet Lag...



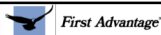
- Get plenty of sleep before you travel
- Practice stress management techniques at home & on the road
- Sleep according to the time zone you are in
- Set your watch for the time zone you are in
- Drink plenty of water and avoid caffeine & alcohol on planes
- Get up & stretch/walk during the flight

If It Is Stress...



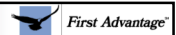
- Keep a bag packed
- Slow down
- Reward yourself
- Stay in touch
- Take care of yourself
- Keep a journal
- Establish travel rituals

Or Is It Depression ?



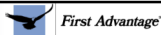
- Warning Signs:
 - *Changes in appetite*
 - *Insomnia or oversleeping*
 - *Loss of energy/Increased fatigue*
 - *Restlessness/Irritability*
 - *Feelings of worthlessness/Guilt*
 - *Difficulty concentrating*
 - *Thoughts of suicide*

Resources



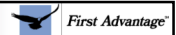
- GetThere.com
- Trip.com
- Americanexpress.com
- USA Today - Tuesday Business Travel
- iVillage.com- AccountMinder - free service that collects and organizes all your accounts from banking, emails, credit cards and travel rewards

Resources



- U.S. State Department
- Centers for Disease Control
- "Take Back Your Life: Smart Ways to Simplify Daily Living" by Odette Pollar
- Road Warrior Wisdom tips can be found on Trip.com
- National Business Travel Association web site: www.nbta.org

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