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Taking Care of Your Mental Health While Travelling

Danielle Marie Parreño | 8 May 2018 | 0 Comment | rehabilitation, Thailand, travelling



The world is such an exciting place, and every country has its unique and inviting charm that draws a variety of travellers in.

As such, there have been several reasons why travelling can be [beneficial to your mental health](#). People mainly travel as a form of relaxation since it lowers their stress and allows them to relax physically and mentally. Other reasons include enhancing your ability to be spontaneous, allowing yourself to learn how to communicate, boosting your self-confidence, shifting your perspective, and even getting to know yourself better. Personally, I find travelling to be my way to immerse myself fully in the culture of the country that I am visiting, even if it was just for a couple of days.

Despite these benefits, some people can also find [travelling to be stressful](#). Indeed, the thought of going on a trip can be incredibly daunting, particularly if you are travelling alone, or if you suffer from a form of anxiety. That being said, there are a number of ways to make travelling with mental illness manageable.

There are a lot of preparations to consider such as getting visas and other necessary documents, planning the itinerary, saving for the trip, and even packing what to bring. Going on holiday that is [poorly planned](#) and is overall stressful can eliminate the happiness and benefits that travelling is supposed to bring.

This is also true for people who are struggling with [mental health illnesses and addiction](#). These people also want to enjoy the benefits that travelling and experiencing a new place can offer to them, but they also have to keep in mind how to take care of themselves on top of the other travel preparations.

That is why it is essential for travellers who want to reap the benefits of travelling but also want to ensure the wellness of their mental health to check the available mental health services of the country that they will be visiting.

Those who are travelling to Thailand may consider the services of [The Dawn Medical Rehab and Wellness Centre](#), Asia's finest and most exclusive drug and alcohol rehab centre located in Chiang Mai, Thailand. They pride themselves with cutting-edge technologies, effective treatment programme, and even a world-class team of professionals. Their [Holistic Wellness Programme](#) that is part of their addiction treatment programme even seemed like a holiday in itself. The programme includes mindful meditation, spa and massage therapy, physical exercise, wholesome diet, yoga and pilates, acupuncture, and even art therapy.

The NHS aptly puts it: 'Travel represents an opportunity for rest and relaxation or a chance for exciting exploration of other countries and cultures. However travel can also be very stressful, not just in the planning stages but also during the journey itself and adapting to a new environment on arrival. Consideration of your mental wellbeing during travel is as important as your physical health.'

If you or someone you know struggle with mental health needs, you might find [this advice](#) helpful in preparing for travelling, or living overseas. Remember, regardless if you have any mental health condition or none at all, you should always prioritise your health whatever reason you may have for travelling.



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