

**HOLIDAY TRAVEL & STRESS**  
**Kenleigh McMinn, PhD, Psychologist, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

WHOEVER SAID 'IT'S NOT THE DESTINATION, IT'S THE JOURNEY'... PROBABLY NEVER TRIED TO TRAVEL DURING THE HOLIDAYS.

{\*\*TAKE VO\*\*}

TRT: ???

WHETHER IT'S PLANE...TRAIN... OR AUTOMOBILE...HOLIDAY TRAVEL SEASON CAN BE STRESSFUL.

EXPECT YOUR PLANS TO GO AWRY – AND DO WHATEVER YOU CAN TO PREPARE.

THAT'S ADVICE FROM CLINICAL PSYCHOLOGIST KENLEIGH MCMINN TO TRAVELERS LOOKING TO PRESERVE THEIR HOLIDAY SPIRIT.

{\*\*TAKE SOT\*\*}

Kenleigh McMinn, PhD  
Baylor Scott & White Health

TRT: 15

Travel is in part stressful because so much of it is outside of our control. You know, flights can be delayed, things can happen, things get canceled.

So, focus on the things that you can control. Making sure that you're prepared and ready to go as much as possible and also taking steps along the way to do things that kind of take your mind off of it; things to relax.

{\*\*ON CAM\*\*}

REGARDLESS OF HOW YOU GET THERE – DR MCMINN SAYS EVEN WHEN TRAVELING – TRY TO MAINTAIN THE PARTS OF YOUR DAILY ROUTINE THAT HELP YOU STAY BALANCED AND HAPPY – LIKE EXERCISING, GETTING ENOUGH SLEEP AND DOING THINGS YOU ENJOY.