



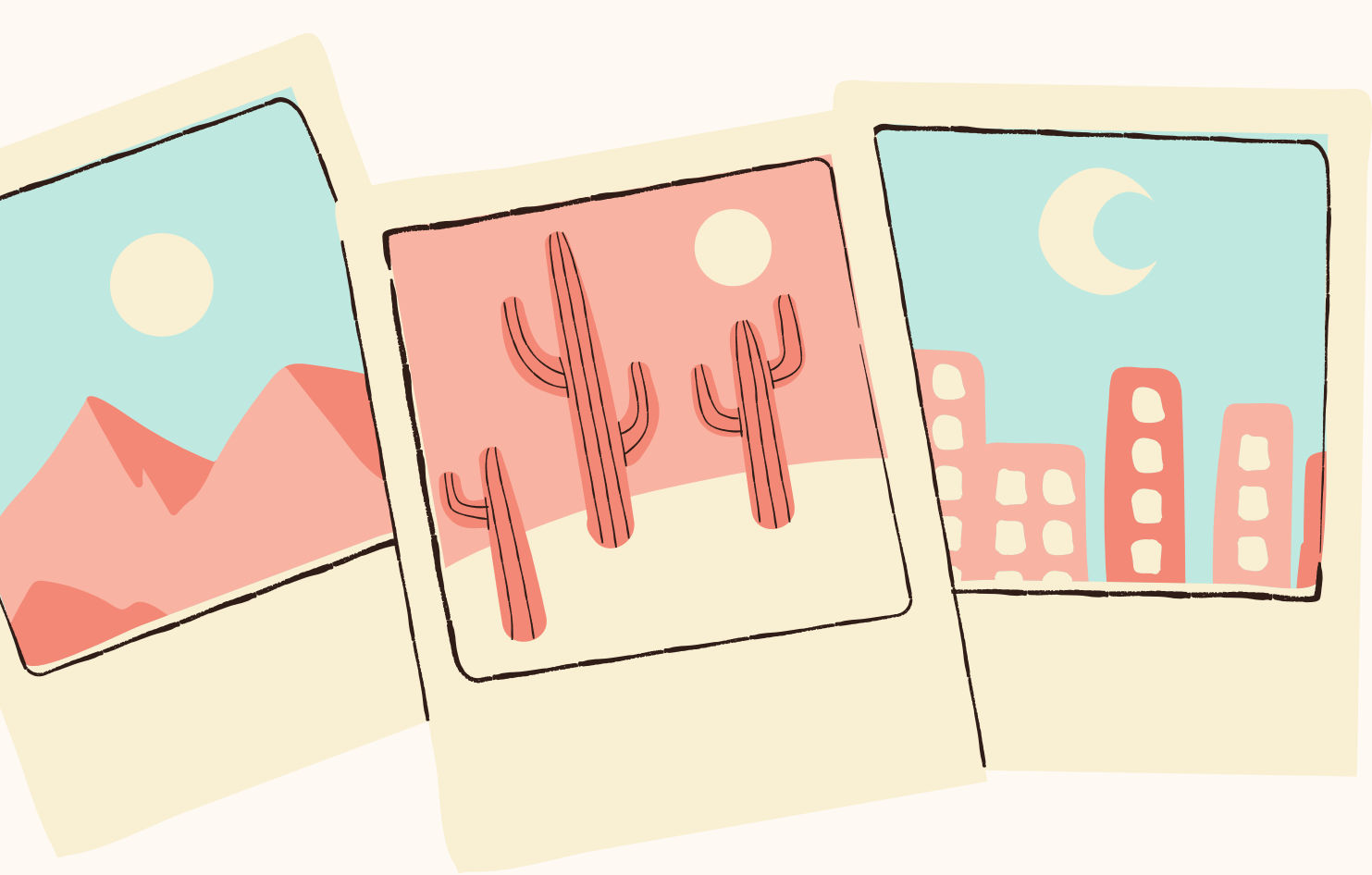
TRAVELING  
IS GOOD  
FOR THE  
SOUL!

Presented by: Camilla McCulloch



## OVERVIEW

- ☐ **PURPOSE** \_\_\_\_\_
- ☐ **WHY IS IT IMPORTANT** \_\_\_\_\_
- ☐ **BENEFITS** \_\_\_\_\_
- ☐ **ACTION** \_\_\_\_\_



# VIDEO...



- [https://www.youtube.com/watch?v=aaExiKsvt9A&ab\\_channel=TheSchoolofLife](https://www.youtube.com/watch?v=aaExiKsvt9A&ab_channel=TheSchoolofLife)



# WHY IS THIS IMPORTANT?

- Full of adventures and new experiences.
- Traveling can help get us out of our daily routine.
- Self-care, and what better way to show self-love than traveling and learning new things?





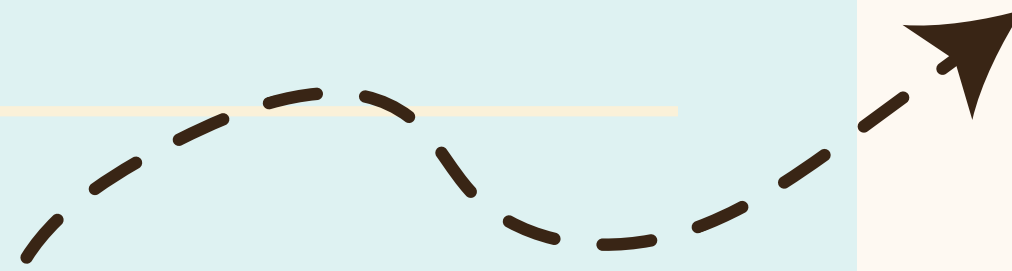
# THE BENEFITS

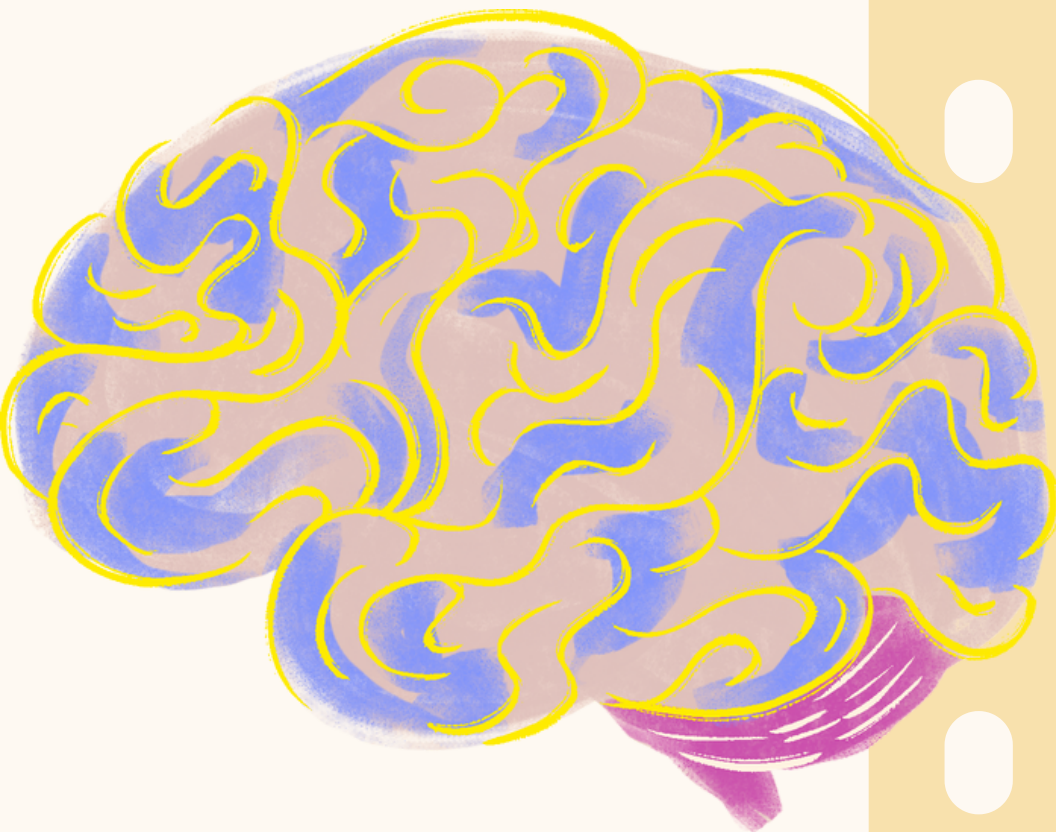


# CONFIDENCE AND INDEPENDENCE:



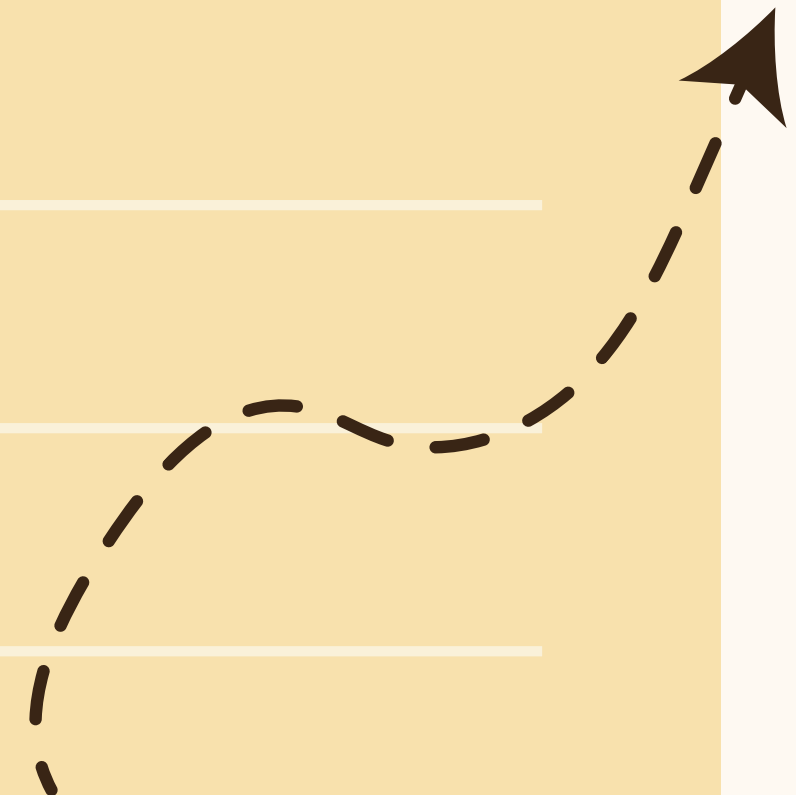
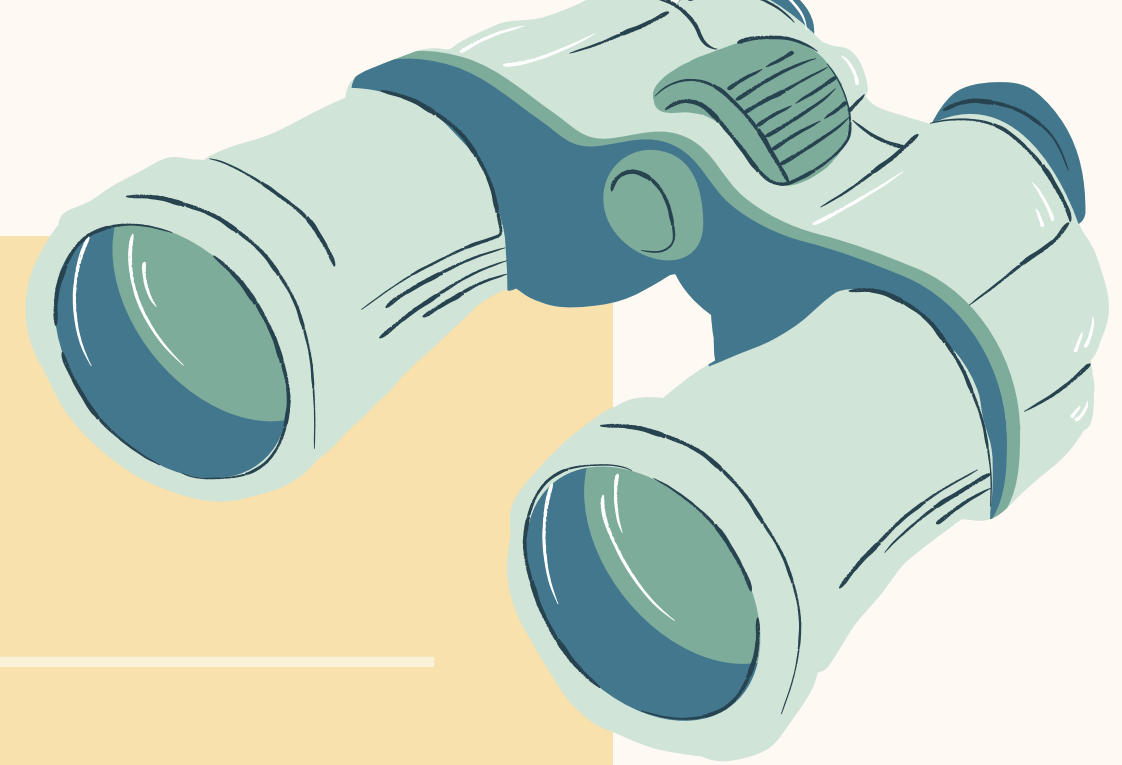
- Can help increase self-esteem
- More comfortable accepting new challenges.
- Learning new cultures
- Becoming more accepting of people.

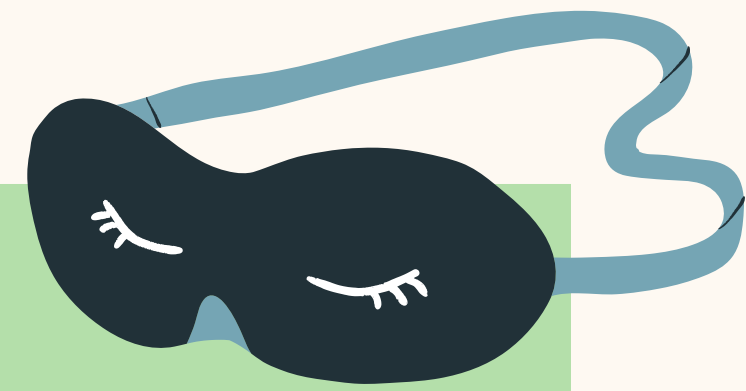




## OPEN MIND:

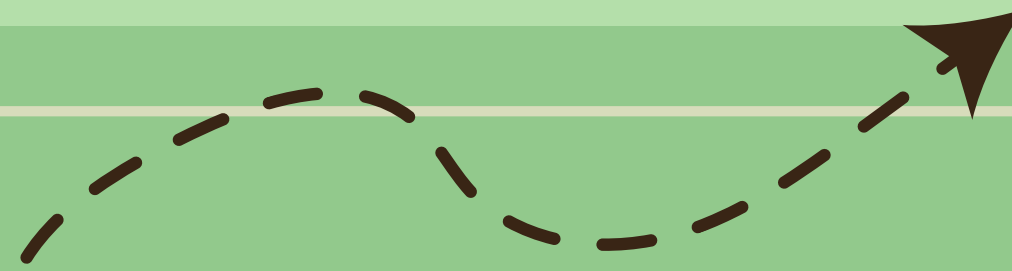
- Exploring new foods and traditions
- Changing your scenery





## LESS ANXIETY AND STRESS:

- Breaking out of routine
- Preparing for travel generates happiness
  - finding destination and packing

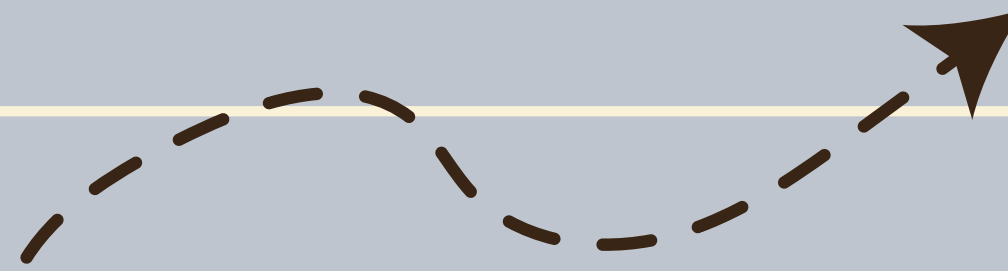






# LEARNING NEW LANGUAGE:

- Perfect opportunity to learn and perfect a new language.
- Then, ask questions to interact with your audience.
- Add a personal touch by customizing this layout as much as you want.





## STATISTICS:

- 1,500 women reported less stress and depression
- 3,380 men and women age 45–52.
  - 10 extra days of paid leave reduced the likelihood of depression by 29%

(Everyday Health)

# ACTION...

- Although it may be expensive, going out and exploring can lessen stress and anxiety creating a more fulfilling life for an individual
- For More Information look at [Leehealth.org](http://Leehealth.org)

RIO DE JANEIRO

GUATEMALA






# CONCLUSION...

Traveling has proven to decrease stress and anxiety, and although it may also increase stress and anxiety, in most cases it has the opposite effect.

I encourage you to go out and visit a new state or a new country and learn about all the beautiful places and things around the world.






**"THE WORLD IS A  
BOOK AND THOSE  
WHO DO NOT  
TRAVEL READ ONLY  
ONE PAGE."**

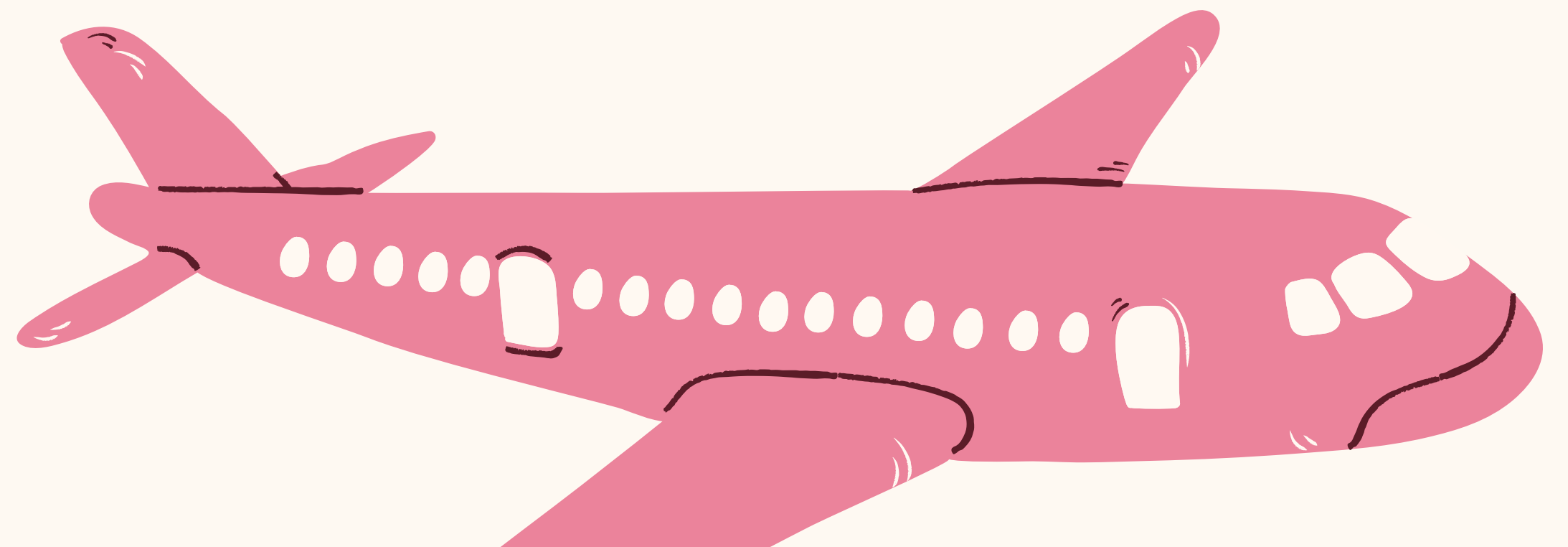
**- ST. AUGUSTINE**





# THANK YOU FOR LISTENING!

Don't hesitate to ask any questions!



# RESOURCE PAGE

“The (Mental) Health Benefits of Traveling.” Lee Health, [www.leehealth.org/health-and-wellness/healthy-news-blog/mental-health/the-mental-health-benefits-of-traveling](http://www.leehealth.org/health-and-wellness/healthy-news-blog/mental-health/the-mental-health-benefits-of-traveling).

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Eilers, Christian. “Why Is Travel Important? Here Are 7 Important Benefits of Traveling.” Goodwall Blog, 16 Mar. 2021, [www.goodwall.io/blog/benefits-of-traveling/](http://www.goodwall.io/blog/benefits-of-traveling/).

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