

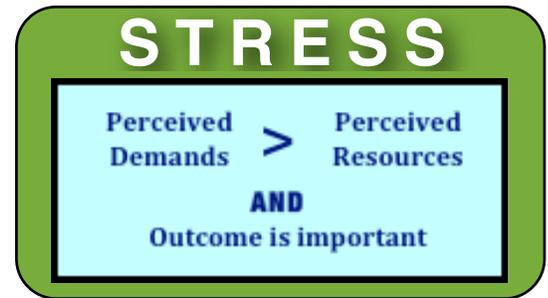
Road Trip Tips

Dr. Charlie Brown

get your head in the game



Traveling can be fun, exciting and rejuvenating; but also has the potential to generate high stress as demands are often increased while your typical resources may not be readily available. A little bit of planning and preparation can go a long ways to minimizing the stress and helping insure an enjoyable and healthy experience.



1. Simplify

- a. Prioritize as you prepare to part
 - i. Make a list of all your “to do’s”
 - ii. Categorize each item as one of the following
 1. Need to do
 2. Not necessary to do now
 3. Not necessary until I return home
 4. A waste of time
 - iii. Focus your efforts on the “Need to do” items
- b. Don’t just think it, **INK** it
 - i. If there is anything you want to remember, write it down
 - ii. Use checklists for packing, etc.

2. Ready your resources

- a. If there are 1-2 items that you find comforting (favorite pillow, photo, etc.) take it with you
- b. Make plans for regular contact with your support system (phone calls, text, Skype)
- c. Scout out key resources as soon as you arrive (food, transportation, PT, etc.)
- d. Stock up on the essentials for times of stress: food, hydration, etc.

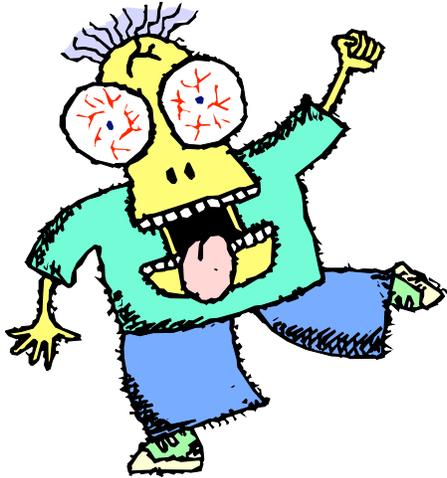
3. Make Recovery a part of your training/work routine

- a. Identify 3-5 active recovery practices that you can do on a regular basis
- b. Identify times and places that you can have “alone time” if needed
- c. Listen to your body and yourself, and take breaks when needed

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In Case of Emergency

Complete this worksheet NOW and take it with you. If you start feeling stressed out, remember the **3 R's**

1. **Relax**
Take a deep breath and slow down your adrenaline
2. **Regroup**
Look at the reminders on this worksheet to put things in perspective
3. **Reactivate GRADUALLY**
Start back slowly to get your rhythm and sense of balance

Things that help me feel better when stressed	
1	
2	
3	
4	
5	

Things I want to remember to maintain perspective	
1	
2	
3	
4	
5	

People I can contact for support (name and contact info)	
1	
2	
3	
4	
5	