



Dr. Robyn Benson: Turns it on. Here we go. Hello, everyone. Welcome to the Healthy Traveler's Global Summit. My name is Robyn Benson. I am a Doctor of Oriental Medicine. Founder of Santa Fe Soul Center for Optimal Health. And I am joined by my fabulous co-host.

Kevin Snow: Kevin Snow. How do you? Desert Shaman. Some people call me the Desert Shaman. And I'm an Intuitive Counselor at Santa Fe Soul, an amazing center in Santa Fe. And, we'll probably chat a little bit about that center far as the benefits to our health and how we want you to travel and see us in Santa Fe. So we're going to learn how to manage our stress today and the incredibly resilience and can't wait to tie them to this topic and so to step on something. This key in travel is being able to be resilient when stuff isn't quite going the way that you think it through.

Dr. Robyn Benson: Yes. So, as we gathered our amazing speakers, we know we have seven different categories and we had to include this one because most people say that travel is so stressful but didn't want to bother with it. Or some people just say, "I know. I just don't. Seriously, I had pack patients who say. I'm done with travel. It's just it's getting more stressful every year." But our expert today, Sharon Melnick. We'll have many solutions for you. I just want to say I just want to invite you into my hotel room. I happen to be in Toronto. I've been traveling a lot since we've been doing these interviews. I just want to give just, in a, we'll get you a view of what my life looks like when I'm on the road. So, I always have a small set bag of things that I just never leave without. First of all, I've already had exercise this morning and what I love to put in there is Oxylent. I, we talked a lot about how important hydration is in getting minerals in our water to ensure that we get water into ourselves. So, this is one of my absolute, favorite supplements that I, again never leave home without. And, couple other things, I also, everyone knows that dark chocolate, especially 85% and above, is really good for you. It has lots of good minerals, especially magnesium. And, just when you want something a little sweet but without all that extra sugar. This is a great choice. Also, many people who have, are watching this, and have actually traveled with me know that I never travel without some type of canned fish, but also really healthy cans BPA free. I happen to love of all the different companies I worked Vital Choice is absolutely my favorite. And our speaker today knows of this company

too. So, just when you're hungry, when you don't want to grab some junk food, it's just great to always be prepared. Certainly, be it that you have some slices of apple. It might be that you have in some nuts, which are just some of the great suggestions that we've had from our speakers, kale chips even. I also am a big believer that having, protecting your main system is really important so I always have vitamin C, a powdered vitamin C, so one teaspoon of this powdered C is four grams, so that's 4,000 grams of C. Really great. So if I'm getting a sore throat or I just feel a little exhausted, this is really helpful for me to take on a regular basis. I have also probiotics that I never travel without, really important for digestive health but also for my immune system. So, those are just a few that I want to share with you today. I'm also going to talk about your neck health. I believe that when we go from hotel to hotel, and if we don't have our own pillow, we are more likely to have wake up with a neck ache. I mean, sure many of you can relate to that. So, I've had this travel pillow at least, I'm not kidding, 10 years and it just rolled up in this little bag. It happens to be a tempurpedic pillow, and that's my pillow. It's my pillow. Into my own special pillow case so it's a little more comfortable. So, also essential oil seems to be my last thing to share with you. Peppermint oil, if you have a headache is really great. I had this other oil called Breathe, really good for my lungs. Also, when you come into hotels, there's a lot of toxic smells, there's smoke, there's all kinds of things. So, these are ways I can protect myself immediately from all of the elements. And, I also want to mention electromagnetic pollution as you learn from mine to harvest. There are so many ways that you need to look for sanitize your hotel rooms. So, I mean, unplug phones near your head at night, anything around your head, anything within three feet of your head is really important. So, all these things that I have just mention will help you with your stress, again you are practicing when the most important pathways which is being your own best healthcare provider, really, preparing your own self. That makes all the difference in the world. So, I am empowering myself by breathing all these good things, so I don't have to get sick and I can lower my stress knowing that I have what I need, literally, in this small little area is where I have a lot of my items that, again, I never travel without. So, now, let me continue on. How do you? Did you guess like that? Kevin and Sharon?

Kevin Snow: That, I love it.

Dr. Robyn Benson: A little debut of my.

[Cross Talk 00:05:26.22]

Dr. Sharon Melnick: Get like half the things that you were holding up, like can I have some of that.

Dr. Robyn Benson: You was so that to travel with. Yes, and of course, I can't forget Bulletproof Brain Octane Oil love this stuff. Because I want to, of course, with all these business trips I do, I want a very sharp brain. Okay, let me tell you a little bit about Sharon. Amazing woman. She is a leading authority on stress resilience and internationally, in demand, as a speaker for companies experiencing change and entrepreneurs facing the challenges of competition. She's the author of the acclaimed book called Success Under Stress, powerful tools for staying calm, confident, and productive when the pressure's on. Love that title. And, I have to say when we travel, the pressure is on. So, we're going to learn today about how to travel under stress and have always incredible solutions from Dr. Sharon. So, thanks for being here.

Dr. Sharon Melnick: It's such a privilege. I really appreciate you thinking of kind of like this as a topic. Because, it really is true. [Inaudible 00:06:33.13] And, I'm a road warrior, I am the listener. I mean for this, I'm like scribbling notes for you and the other experts in order to kind of take care of family members or to have enjoyable experiences. It's a part of our lives. And just like you were suggesting particularly air travel, it's like crowding more people onto smaller planes. And, I mean, more cancellations and all kinds of stress up. Let's get in to about all kinds of tools for you.

Dr. Robyn Benson: Awesome. Yes. I know you travel a lot, right? I, often I'm calling you when you're in the taxi or you're in an airport, so.

Dr. Sharon Melnick: Yes.

Dr. Robyn Benson: So, let's hear what you have to say.

Dr. Sharon Melnick: Well, when it comes to travel, here's the thing, is that, there are. Well, let me take a step back and just talk about stress actually a bit. We only experience stress when there's aspects of this situation that feel out of our control. I offer that kind of as a definition because, then, it gives us the antidote, that the more you can control any situation then the less stress you are going to feel. And, when it comes to traveling, there is so much that seems out of our control. I mean, you're literally lifted up out of kind of everything that you can control your daily routine like you're saying how you eat, how you sleep, how you exercise the way that you interact with people the way that you are able to have access to your computer or a desk or anything that you need to kind of get things done and all those kinds of things the routes you take the transportation, I mean just every literally sort of all the things that you take for granted that you can control during your day. You don't have access to those things anymore so I think that's why people think travel is so stressful because there's so many things that you can't control but what I want to say is that actually, there

are definite control that you like, you really can't control, like you cannot control that plane and steer it. You know what I mean once you're up in the air and all those kinds of things. But what we're going to talk about today is that actually there is so many more things that you can control than you may appreciate in the situation. So, maybe there's a few things that are even more extreme that you can't control, but there's actually so much more that you can control, even when you're traveling. That's what we want to maximize as we talk today.

Kevin Snow: And this is the golden rule, is that a golden rule? Or the things out of your control? And, so, this is idea that we recognize that and are able to have resilience. Can you share a little bit about resilience? What that is? And, how can we really enact that in our lives?

Dr. Sharon Melnick: Yes. Absolutely. So, if you'd be okay if I share a slide? Can you see that slide that I have up on the screen now?

Dr. Robyn Benson: Yes.

Kevin Snow: Yes.

Dr. Sharon Melnick: Okay. It's terrific. So, this is a, I wanted to give you. This is a visual. Because it's so important to really be able to remember this and kind of see it in your minds' eyes. So, any situation that you face going forward relating to stress and challenge when you're traveling. I want you to immediately call to mind this diagram. And what it does is that it has you divide the aspects of the situation that you can control, right, this isn't that what I'm calling above the line. This is what I'm saying is your 50%. This is anything within the situation that you can control or influence or do something about. And, you want to sort that out and divide from the aspects of the situation that are below the line, kind of the other 50%, things that you can't control. Now, what I want you to appreciate is that any moment that you spend putting your attention on matters that are below the line, you will activate a stress response. And, I, I mean that actually literally, right? And, then, you have the opportunity to kind of do something about it and kind of bring it back within your control, we're not. So, what we want to do, of course, is that you want focus proactively and rigorously on kind of pushing things above the line and focusing on the things that you can control. And, because there are so many things that you can control your thoughts, your reactions, your communications, your planning, your scheduling, et cetera. I don't want to overwhelm you because we're overwhelmed enough, so, what I've done is I've kind of boiled it down into just one simple thing, and really there's only one thing that you need to remember and I call this the 50% rule. And, the 50% rule is be impeccable for your 50%. So, what that does mean? It means take a

hundred percent responsibility for all the factors that are within your control and, learn to be really effective. Learn to know how to take care of yourself, and manage yourself, and do anything that you can do in the situation. And, what I want to be discussing with you today is just lots of examples of when you're being impeccable for your 50%. You can almost always kind of get the results or approximate the kind of result that you want in the situation, and, for sure, you can preserve your well-being. So, that's kind of like the rule of first resort, right? Is you want to think, am I being impeccable for my 50% in this situation? What else could I do? How can I be more effective in this situation? And, just consume yourself with those things. I just, to, want to say because I'm sure you have lots of overachieving perfectionistic people who are out there knitting addendum the world and traveling. And, again, I'm not encouraging you should be a control freak, am I? Because that would be what, Robyn?

Dr. Robyn Benson: That would not be good.

Dr. Sharon Melnick: Well. That'll be trying to control the whole side, right?

Dr. Robyn Benson: That will be stressful. That's right.

Dr. Sharon Melnick: And, so, what I'm saying is just be really effective with your 50% and don't cross the line. And, so, that's what I want to be talking about here really. Or kind of what are tools and if I can show you just one more slide is this is that I, getting back to your question, Kevin, about resilience. Is that, there's always three things that you can control when it comes to your own resilience. So, you can control your own physiology. You can control your own psychology. And, you can control your own sort of problem solving, or your performance. Whatever kind of word you want to put on it in this situation. Every challenge that, let's talk about some of the common challenges that people face, and, then, I want us to immediately think about, "Okay. So what can you control in your physiology? What can you control in your psychology? And, what can you control in your kind of problem solving? So, this is the way that I want all of us thinking, and, kind of that, the way that I think about it. Well, actually, I'm going to come back to this in just a moment. I think we'll talk about how to stay calm and poised. But, there was another slide that I'm going to get a little bit later but I'll come back to. So, let me take off the slides and come back in. Let's use that as a way to go forward.

Dr. Robyn Benson: Okay. So, let's hear it. That's how. Let's hear how we can, I mean to go work with these three areas.

Dr. Sharon Melnick: Yes. So, if you have some comments in areas that you've heard along the way, then, please, feel free to bring them up for me. I can tell you that I've

looked at some of the research around what are the most common stressors when it comes to traveling and what people report, business travelers in particular, report that the top two most challenging things is unexpected events that happen, clearly like losing baggage, those kinds of things I which really are unexpected and stressful. And, then, also, loss of productivity. So, not, having down time, not having access to Wi-Fi, those kinds of things. So, we can take either one of those examples. But there's many others. There's screaming children on heading to your destination and feeling overwhelmed and not knowing how to navigate, how to get, all the and, familiarities of the food, and the roots, and all those kind of things. There's having your routine with your family disrupted, so you're putting your kids to bed and that special time that you have. I mean there's just a lot of things about it. So, any one of those scenarios areas that you heard, they're really common from your community then, just how about me? And, let's go through those three domains. Is there one of them in particular that you want to take?

Dr. Robyn Benson: Why don't we talk about physiology?

Dr. Sharon Melnick: Okay. Great. So, let's just think about a common scenario. So, let's say that we're talking about the flight part of your travel. And, your plane is delayed or it's cancelled. There's some unexpected kind of event, and immediately, if it were me or for a lot of people we might go in to like a crunch kind of a situation, right? So, let's think about how we can talk about those three domains. So, one is that you're probably going to get angry and frustrated and feel like you want to take it out on someone and those kind of things. So, one thing that you can do is you can kind of calm yourself down in your physiology. When we get angry and aggravated and impatient, it's a very heated feeling in our body. We even use metaphors like hot onto the collar, or my blood was boiling. These kinds of things and that's going to make your thinking very kind of blaming and not good in its problem solving. So, the first thing that we need to do is that we kind of like need to get cool, calm, and collected in our physiology. So, cooling breath is a very effective technique. Can I, I want the two of you to follow along and try it along with me now. So, cooling breath is a reverse breath and you're going to open your mouth ever so slightly and breathe in as if you're sipping through a straw's, so it looks something like this. And you're breathing out through your nose along a slow deep breath. And, let's try that along again. So, breathe in, you should feel like a wind tunnel over the top of your tongue. So, are you feeling a cooling drying sensation over the top of your tongue? Okay, very good. Then, you should be feeling that. And, what you're doing there, very healthy for you're actually detoxifying your liver, right which over time is when stress is chronic, that's where kind of negative emotions can build

up and potentially lead to disease processes. So, first of about very healthy for you as a filter, but what it does is that cooling breath takes you out of the part of your brain that's in high jacked if you will, right? Because when you're in that moment where you're kind of seeing red is that all of your attention is part of the problem, that this is a threat, and it's you're over focusing and you're reacting and all you can think about is how is this affecting me, and my life, and making my life uncomfortable or bad at all these kinds of ways. So, as long as you're staying in that state, then, that's what you're going to keep seeing and keep like obsessing about. So, what's you want to do is that you want to use cooling breath to take you out of that part of your brain that's been high jacked but you've act in the part of your brain that's like, okay, I'm seeing the big picture here." What I mean, I'm taking more of a long term perspective, I'm remembering that these kinds of things can happen and are not within my control. I'm thinking more clearly about how I can problem solve in this situation. And, then, so that's going from the physiology, and then, like taking it into the psychology so that will help your thoughts to be like, okay, so, I may not have control over when the plane leaves but I do have control over how I'm thinking about this. Maybe if I start rearranging things in my head, or thinking about well if I get in later, I can exercise maybe tomorrow morning instead of when I get to the hotel or I can have a phone call with the people I was going to meet for dinner now that we can talk about some of the important points and I'll still be ready for my speech tomorrow morning, or whatever it is that you could start to actually think clearly and you can feel like, okay, I don't have control over the plane time but I do have control over myself. And, the way that I think about it, it's not about stress management, it's about self-management. So, what I'm giving here are examples of how you can manage yourself, right? You can manage your own physiology. You can manage your own psychology. And, then, in your problem solving, I've had lots of situations where you're in the moment, and all you can do is like want to go up to the agent and be angry or get them to give you the seat that you want or get you on the plane that you want or whatever. And, maybe the person who's cool, calm, and collected next to you thought of the idea of getting a rental car and sharing it with the two other people from their work and they're already on their way. I mean, they'll be there in two hours and you're still sitting in there fuming and that you're going to need and your flight is delayed two hours or whatever, I mean it is just an example of your problem solving is much more capable when you're kind of managing yourself in that way. So, that's just kind of an example of how you can manage your physiology, your psychology, and your own problem solving. And, it's not about stress management, it's about self-management. So, again, sorting out what are the aspects of the situation

that you can control. "Okay, when is the plane going to leave?" That's below the line. But as you can see there's so much above the line.

Dr. Robyn Benson: It's fantastic. I think that, self-management is so essential. We think about every day travel. So, you also talk about planning strategies that can reduce 90% of uncomfortable travel stress. Can you talk a little bit about that? Planning strategies.

Dr. Sharon Melnick: Yes. I mean, almost any stressful situation that will come across when we're traveling other than this really unexpected sort of things like the flying of the plane is out of our control but other than that, almost everything. So, even as you were demonstrating at the beginning of our discussion today, for the things that are stressful for you, so, if it's not feeling comfortable in hotel room, bed. If it's not access to the kind of healthy foods that you want. If it's not being able to tuck your kids in bed at night, like just these examples, these are just like comment, things that go [Inaudible 00:22:08.07] there you demonstrate of how with some planning, I mean you bring your own perfect self-management strategy. You bring your own pillow. You can, if you're worried about how you going to get around in its unfamiliar territory, you could. There's nothing you can't Google these days. There's nothing you can't get maps of and prints outs of. Take all these things and there's apps for every one of these things that where you can put it in into one of the travel apps and have every single aspect of your situation of your travels. There's so that everything's all organized, that's all in one place. If you know like sort of for myself, I'm claustrophobic, I'm like really claustrophobic, I'm going to need your help with that Dr. Robyn. But for now.

Dr. Robyn Benson: Okay.

Dr. Sharon Melnick: I'm really claustrophobic so, when I go on flights, I mean it's like I always, I try my best to plan, I try when I can to take a bigger plane rather than a smaller plane. I can always control that somewhere, sometimes I'm going somewhere on a regional flight or one of those puddle jumpers. And, then, so I'm trying my best to plan ahead. Because I know that this is something I, there's lots of things I can roll with, but some things I can't. There's that good self-awareness. So, I'm trying my best like pay extra to get extra leg room or more space around me and that's worth it for me because that's something that I know in advance, I'm taking care of myself in that. But, there's, there's just so many things that you can plan in advance, you can. Yes?

Dr. Robyn Benson: Sharon? Why you do not, at the claustrophobia, because there's a lot of people experiences, especially when we did all their an ideal of research with a healthy traveler's guide



Dr. Sharon Melnick: Yes

[Inaudible 00:23:53.16]

Dr. Robyn Benson: But, one thing there to really think about is GABA, we had Trudy Scott was one of our speakers also, she was [Inaudible 00:24:02.04] Everyone in wants to hear, actually all the speakers want to hear the other speakers so this is really awesome. But GABA is.

Dr. Sharon Melnick: I'm going to get recordings for sure.

Dr. Robyn Benson: Absolutely. GABA is a great, I have recommended that to so many of my patients is GABA. Also, like something called de-stress from my company that I use a lot with my patients. And, it's excellent. It's actually precursor to the GABA, but GABA is a neurotransmitter and it's, the amino acid that's really essential for kind of calming, that bring a lot of people that have claustrophobia or tend to be more anxiety [Inaudible 00:24:35.21] tend to have just naturally have lower levels of GABA and some other amino acids and minerals. I mentioned magnesium. That's a one of the most important minerals of all, for also for calming. Just ensure you're talking about it, I thought I would just throw that in. So magnesium.

Dr. Sharon Melnick: Yes. Thank you. And, I did take a magnesium supplement, but I'm going to try some of the others.

Dr. Robyn Benson: Yes.

Dr. Sharon Melnick: At Trudy, a very respected colleague. Terrific.

Dr. Robyn Benson: Yes.

Dr. Sharon Melnick: And, ample of self-management, right? So, when I'm anxious on a flight and I just other day actually, we're coming back from a Barbados, and that was really significant turbulence and I was traveling with a child as well. And, she was freaking out. So, there is what I call the panic reset button. This is on the page 139, I think that my book Success Under Stress. And, this is an acupressure point, so if you kind of look at this, it's on the inside of the third finger on the side at the base. And, if you could put your thumb there, or you can touch it. And, when you press there what it does is that as you know there's kind of the sac around the heart, right? And, when you get anxious, things up when you get that. Feeling that you can't breathe, people get this before [Inaudible 00:25:56.03] as well. And, so, that causes anxiety and when you press what I'm calling the panic reset button, then, it activates the nerve that will relax that sac around your heart, that pericardial sac. And, that you should notice within a few seconds actually that I, when I do at us I'll do it for you right now

actually that I'm. Did you see it just took in big breath? And, if you could sort of a cascade of a relaxation response. So, again, another example of we're hoping that the plane will stop doing the turbulence or we're hoping that the people around us will stop being so loud or pushing their seat back or any of the things that they're doing and surely you can try effective, gracious communication strategies with those people to see if they can do something about it but really a better first resort is to manage yourself right in do some things to you calm yourself down or be impeccable for your 50%.

Dr. Robyn Benson: Yes

Dr. Sharon Melnick: The impact of 50%. Before you ever try to get anyone else to change around you.

Dr. Robyn Benson: I love that. I think that's just an important message like a mantra. But also, Success Under Stress for travelers, that's a great statement. I love that. You're all going to learn that. All these great strategies that you're sharing. So, thank you.

Kevin Snow: Then, we're talking about the, all of these strategies, self-managements, I think sleep is really critical when we're traveling. Can we talk a little about sleeping? May how can get better sleep, how we can calm ourselves down so we can get some sleep.

Dr. Sharon Melnick: Yes. Absolutely. So, I was say there's two aspects to sleep when it comes to traveling. So, one is the kind of challenges that you might face no matter where you are just because you're living in a modern world and running around like a chicken with your head cut off like everyone is, and up to here, and one of the 77 million Americans is to wound up to sleep well through the night so it's your sort of regular stress challenges but you're just having them because you are in a hotel room. And, then, the other one is like a jetlag, right? So, that's like a whole extra layer to it. So, I'm going to speak more to the first kind of set of challenges with your, when you're just wound up because you have so much on your mind, and, rushing to the airport, and getting there early, and all that challenges of the day in being in an unfamiliar environment, and all those kinds of things. So, we have our nervous system which response to the demands of the day. And, we have, two parts to our nervous system. We have on button, the kind of sympathetic nervous system which gives you focus and energy to solve problems and get your work done once in the airport. And, then, we have an off button which gives us access to calm and rejuvenation. That's the parasympathetic nervous system. I'm sure you've been talking about this. And, the way we evolved, we were supposed to have balance between the two. So, we were supposed to, when we were

early in our evolution we'd be out hunting the or the saber-toothed tiger will run at us, we did have a full blown fight or flight unbutton response. But, later that evening, we'd be in our dark cave resting, digesting, making cave paintings, maintaining our immune system, sleeping up against the hard rock kind of thing. But the way that we live today, there's no balance between the on and off. We are always on, that has consequences. And so, when people have trouble going to sleep at night or when they go to sleep at night, and, then, wake up with their thoughts racing about their to-do list for the next day, right? It's simply a sign of an overactive on button. So, there's many things that you can do about this but anything that you do to successfully hit the off button throughout your day and to train your nervous system to be able to have more relaxation at night. So, I give two strategies that you can use for that. The first one is that most of us, like I was saying or going through our day, is just push, push, push, go, go, go, run, run, run, give, give, give, we're sort of exhausted at night, and there's a better way that's all on button. The way that our bodies were built is to have more of a balance between the two so you want to do approximately 90 minutes when you can of a kind of sprint, intense concentration really pushing really on, followed by a brief period of recovery whether it's one minute, three minutes, five minutes, ten minutes if you're going to really do it. Where you pressing the off button, you detach, you really kind of replenish your energy, you clear away the stress hormones that have built up. And what the research from the energy project shows that if you go throughout your day like that, like 90 minutes of sprint followed by, let's say three minutes of deep breathing, breathing in that peppermint essential oil, doing deep breathing, doing stretching, going out and taking a walk around the block for five minutes, getting sun on your face, where some yoga poses or what whatever it is other experts I'm sure have shared. And, then you back for 90 minutes. You take 10 minutes at lunch, and you actually like detach, you're not, surfing the computer, or just doing this, having water cooler chat, but it's the same thing you were doing in the meeting that you're just in. Then, if you go throughout your day like that, you'll actually end the day with 30 to 40% more energy, no sacrifice have meaning full productivity, And you will start to train your body to be on and energetic when you need it, and relaxed and off when you need it which is going to help to set up you sleep, recovery approach to your day is something that's already going to start to train your nervous system to help you relax at night. And, in chapter 4 of my book Success Under Stress, sort of explain all of the mechanics behind that and how you can press that off button during crazy busy days were even three minutes feels like, "Oh. I didn't have three minutes." But, you can actually use those times at the airport, those downtimes, I mean it's a breathing while you're waiting at the gate. You

can just kind of go within and close your eyes. It's a very good time actually a downtime to do those recovery strategies. And, then, so that's one thing to kind of set up before you get to sleep. And, then, another thing is that a lot of people, a lot of women particularly, but men too, we go to sleep okay because we're so exhausted from the day. But then, we wake up in the middle of the night with our thoughts of our to-do list, raising and all the sense of pressure. So, if that's the case for you no worries, others away for you to press the off button at 2 a.m. and that is left nostril breathing, so you're going to cover your right nostril breathe exclusively for your left nostril. And, what that does is going to act age your relaxation system. And, it should start to bring a little bit more balance between that on and off button. And, if you give it about three to five minutes of left nostril breathing, you should be feeling that like, "Timber." Kind of falling feeling go in the sleep. And, that, so, that's something that you can do. It's on page 68 of my book Success Under Stress, and that the real reason why I tell you that is that people tell me that they get the book, they put it by their bed and they dog-ear that page. It's very important that you get the correct nostril because if you do it wrong, and you breathe through your right nostril, you might as well just like get up and start your work day because you'll never get back to sleep. So, cover the right nostril, breathe through the left, and that should do the trick for you.

Dr. Robyn Benson: That's awesome. So, I know that you talked about women, and under stress is a little bit different than then, but even with travel, can you talk about that? For all the women that are listening right now. Why is travel, why does travel seem a little bit more stressful for women?

Dr. Sharon Melnick: Well. I think it's probably for the same reason said it's, all the researches that women have higher levels of stress is because, like just as an example, my mother owns a business and that she ran away recently and I went up to the suburb south from New York City to have dinner with my dad, and up to worth of dinners made for him. I mean that I, I mean how cute, and that's a little old school. They're in their 70s, so, I understand some generals, maybe more balance stuff for younger couples and families. But, it was like, so, speaking of planning, like what I, how much planning I've to go in for her that she had to put together, five days of and [Inaudible 00:34:50.05] done of meals, and what the research from Working Mother Magazine shows is that men are doing when, and these are vast generalizations, so please don't shoot the messenger. These are [Cross Talk 00:35:00.10] What the research shows is that men are doing more tasks, but that women still have that bottom line sense of responsibility. So, that's a good example. So, like, the woman might, again with all generalizations and there's plenty of modern family

iterations, but the woman will send the man to the grocery store with a list but she had to make the list. It's still kind of an example of all that thoughtful planning, and then, if she's the one on whom a lot of the burden of the care giving exist, then, she's away to taking care of whatever she's taking care of. But, also kind of continuing to kind of take care of the home. There are also burns from man as well, flying a middle seat on the longer than 3-hour flight was said on a recent business traveler research to be one of the most stressful things, not only because just you're uncomfortable which kind of the sheer thing but particularly because if you're in not an extra leg room kind of section, then, planes are so cramped these days you can't even open your laptop and do work and people have concerns about the loss of productive time and all of that. So, I think everyone faces it when it comes to travel.

Kevin Snow: Well, the things that we touched on a little bit was the pre-planning. And, can you talk a little about procrastinating? Why we procrastinates? All that creates this time crunch when you're getting ready to travel.

Dr. Sharon Melnick: Yes. So, we always think of a deadline in terms of when I have to get it done by. And, I think if we started to think of it in terms of when do I need to start by. That will be a whole different way, right? Of getting ourselves to get something done. But, I think just like you were saying, and as you've saying all discussion is there's so many things that you have to plan. You have to plan your packing, you have to plan all the things for when you're going to get there, you have to plan and for all the people who you're leaving behind whether it's a, at your work, and your family, and your community, your pets, whoever it is, there's this, this is all a lot that has to go into it. So, one thing that I think is helpful is that absolutely anything, and everything that you can do chase or to, makes, put structures into place that are going to be helpful for you. So, for example, I have like a toiletry kit in which I, I just sort of keep that packed. It's like my go-to things that I need for when I'm traveling, and, I tried up every few weeks, I put together, kind of a container of all my probiotics, and my daily vitamins, those kinds of things or whatever, and, then, I'll use that for a few trips, and then, knuckles window down, and then, I'll sort of packed it up for the next few weeks. So, these are all the things that all the pre-planning that anything that you can do to have this, kind of automated or put into some sort of a routine. Checklists are very good for this, so that, you don't have to remember every time, if you can have some sort of a written checklist that you can kind just of check off. It's one less thing that you have to keep in your mind and remember of. So, all these kinds of things are going to be very helpful for you. And, why do we put things often put off the planning [Inaudible 00:38:44.12]. Do you have a whole another hour? Because that's a lot to talk about. I would say is one thing

that's helpful is to really know kind of what your type of action blocker is. Because people put off and procrastinate for different reasons, right? So, for some people you're just an avoider, like it's just, it's too boring, it's too complicated, feel like you don't have the energy, the motivation. For other people, you're more of a spinner, so, you're overwhelmed, too many things on your plate, you've too many I know like for myself when I'm traveling. I have to bring something for a gullible and a business thing for speech, and a bathing suit, and casual clothes. It's just sometimes I get just overwhelmed, like go there's just too many like things that I have to pack in all the different environments, and I'm going to a cold, and then, a hot environment. And, I sometimes, [Inaudible 00:39:40.05] overwhelming. You're just spinning so that, that's why you can't get started because you're just overwhelmed and you can't get how you can break it down. For other people, their more sort of a control freak or a perfectionist so they take out their five outfits, and, then they pack them but then they change them around, and, then, it's not right, and, then, but maybe this will be the one garment that can help me at all three of these situations and I should take this and next step so, you kind of have to diagnose yourself if you will a little bit and understand like what's your action block. And, then, sort of find the solution that's going to much your type as opposed to me being able to say like, "Well just do it."

Dr. Robyn Benson: Thank you, Sharon. I mean, I know we've got just a few more minutes with you. And, for all of you that have really enjoyed this conversation, Sharon's advice can be found on forbes.com, Fox News, Huffington Post, Psychology Today, New York Enterprise Report. My goodness, dear friend, you can get around, I'm so impressed with the work that you're doing, and then really all the movers and shakers in the world really helping them to, I love how it's not about managing stress, right? It's about managing yourself.

Dr. Sharon Melnick: You got it.

[Cross Talk00:40:53.24]

Dr. Sharon Melnick: For your 50%

Dr. Robyn Benson: That, I love it. Be impeccable for your 50%. So, could you just end by, Sharon, with us a lot of our speakers question. If there's one thing that you can change about the travel industry, what would that be?

Dr. Sharon Melnick: Bigger planes.

Dr. Robyn Benson: Yes. Indeed. Bigger planes.

[Inaudible 00:41:11.27]

Dr. Sharon Melnick: The thing is that I have to practice what I preach because the whole point of what we've been talking about is be impeccable for your 50%, right? So, in my book *Success Under Stress*, it is, it's a practical self-management tool kit, for all the different situations that you might be in during your business day, during your travel. So, I'd like to offer something worth's, sort of about like managing yourself. Being impeccable for you 50%. And, there, I think it's all about planning and all about remembering the 50% rule. I think that's probably the most important things, to change our experiences and they can help you travel.

Dr. Robyn Benson: This is great. Great information. Thanks for being here with us today. And, I know you have a free gift for all the people that actually purchased this whole series. So, do you want to share a little about that? It's a. You have a little gift, free gift for the travelers. We will post that. And, more certainly give that.

Dr. Sharon Melnick: Yes, that will be terrific. Thank you

Dr. Robyn Benson: Okay. Wonderful. Okay. You take care. Have a great trip wherever you're going because I know you're heading right out the door. But, it's been fantastic to be with you, all the way from New York, here I am in Toronto, and Kevin Snow in New Mexico. So to all of you. Have a fantastic day and continue on with this amazing healthy traveler's global summit with our next speaker coming right up.

Kevin Snow: Enjoy your travel, Sharon.

Dr. Sharon Melnick: Thank you. Thank you so much. It's such a privilege.

Dr. Robyn Benson: That is fantastic.