

# Business Travel Support



Science & Technology = FAIR

11.11.22-14.12.22  
Raffles Convention  
Ballroom #8  
111 & 112 St. Andrew's  
Level - 8th

# Away from Family while Traveling

How to cope

***Know your limit*** – it is a must to know how frequently and how long should you plan a travel accordingly to your personal limit when it comes to time travel. Communicate with your employer and settle the limits.

***Appreciate your co-parent*** – try to get the whole support from your partner and vice versa, when it comes to family and career.

# Away from Family while Traveling

How to cope

***Enjoy your 'me time'*** - whether you are a parent or not, or you have a relationship or not, try to benefit from the hours spend on the road by reading a book, watching a movie, listen to music, rest or do other things that make you feel good.

***Schedule regular call times*** – connect via Skype, Teams, Face Time or other apps, with your loved ones while you are far from home.

# Away from Family while Traveling

How to cope

***Share your adventures*** – sharing stories to close ones excites them and brings them improvements to their lives.

***Post-travel reunions*** - people tend to be more interested to ask about our travels than tell us about the year they'd had.

***Bring a piece of home with you*** – homesickness can be minimized by staying in touch with the people back home through favorite photos, accessories, various items, maintaining usual habits that we take with us on the road.

# Healthy Sleep and Time Changes

How to cope

***Direction of traveling and sleep schedule*** – most people have their internal body clock, therefore when traveling to different parts of the globe a sleep time schedule, prepared in advance, must be in accordance with the time zone of the destination.

***Expose yourself to light, the right way*** – by adjusting your light exposure the brain can be tricked into adjusting to a time change, when you plan to travel east.

# Healthy Sleep and Time Changes

How to cope

***Pop some melatonin*** – try to go to sleep naturally, but if you encounter difficulties sleeping, then a pill a melatonin is the key if the pharmacist or doctor agrees.

***Reset your watch ASAP*** – by resetting the watch, the brain is helped in adjusting to the time zone by the time we even land from a plane flight.

# Healthy Sleep and Time Changes

## How to cope

***Stay as hydrated as possible*** - travel dehydrates the body and is prevented to adjust to the new rhythm.

***Skip out on the alcoholic beverages*** – alcohol leads to dehydration, and it can also create headaches.