WHY TRAVEL IS GOOD FOR YOUR HEALTH?

by:
Orlan A. Lumantao
Teacher III, Gabaldon Elementary School

Travel is freedom. It is all about visiting new places that we have never been before. A firsthand experience with different culture from us. An escape from hustle and bustle of the city. A short time with happy experiences that would mean so much to us and that we would want to treasure for the rest of our lives. And most importantly, it relieves stress and boost our mental health.

As an educator, everyday is a new day. There will always be new discoveries, new adventures, and new challenges to take care. These things require so much of our time that sometimes we tend to forget about ourselves. We tend to forget that what we do are just temporary things and can be done in some other time. What we could not take back is the time we lost, the opportunity to pamper ourselves with a trip. We maybe look good physically, but we know deep inside we are wrecked. Our souls are screaming at us to stop and pause for a break. Most especially, with what is happening right now in our world. A pandemic hit all of us. We are facing an invisible opponent, an opponent that could take thousand of lives. A lot of us are stress lately regarding of our safety, our health, our education, our job and many more. Our lives today are so uncertain, nobody could tell us when this adversity would end. Along the line with me, we are all praying that this virus would be gone very soon so that we can go back with our lives before.

For now, what we could do for the meantime is plan our next trip. With this, we get all excited and feels rewarding. At least, we have something to look forward to when this hardship is over. So, when do you plan to go after this pandemic?

References:

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