

THE TRAVEL BLOGGING WORK/LIFE BALANCING ACT – HOW TO AVOID A MELTDOWN



We've passed the half way mark of this year and we're slowly approaching the last quarter of 2012. What are you doing to avoid end of year travel blogger burn out?

As for Jayne, working in the Travel and Social Media industry means her passion is also her career, which, whilst this is a glorious position to be in, it puts the concept of work/life balance completely out the window:

To avoid travel blogger burn out I make sure I schedule whole months where I don't leave the country (this year's was April) and I recently took a holiday that involved staying in one place for a full week with limited wi-fi (couldn't go completely cold turkey!). I've also just discovered the concept of a wellness holiday – spending a whole one or two weeks focusing on your mental and physical health instead of your Inbox. The distraction of the exercise classes and daily massages turned out to be even better for recharging my batteries than sunbathing all day long.

It's interesting that Jayne had mentioned the concept of a wellness holiday, focusing not only physical health, but also the mental health benefits too. I also enjoy the concept of a wellness or even 'activity based' holiday to help me unwind.

For me personally, it's about getting back to basics, whilst being close to nature. Finding a place that is quite remote and where the focus is exercise, Yoga in my case. Admittedly, this scenario isn't always easy to find. I'd recently felt the need to take time out to for a mid-year break and to re-charge and managed to find it in Ibiza of all places, at Ibiza Yoga*. It's also what had inspired me to think about work/life balance and how travel comes into play in this equation. I spent a week in the more basic part of the retreat and one of the reasons I think it had such a positive effect on me, is due to the holistic approach – physical exercise, along with healthy, vegetarian food in a remote, beautiful setting.