



BENEFITS OF TRIP PLANNING for Your Mental Health

What the Science Behind Trip Planning Shows Us

Planning for travel—thinking about it, talking about it and imagining it can make you happy, even if you're not sure when that adventure will be, according to researchers.

"This virus can stop our travel plans, but it cannot stop our travel dreams."
– Rick Steves, travel expert

Why Trip Planning is Good for You

Former clinical psychologist turned author Alice Boyes says trip planning can benefit your mental health, especially if you're anxious by nature.

Here's how trip planning can benefit mental health:

- It can be calming.
- It can reduce anxiety.
- It can provide a sense of comfort.
- It may in fact be the best thing you can do to stay optimistic.

How to Plan a Trip

Boyes says the general approach to trip planning is best to follow for now and according to her, is "like learning about a national park you want to visit."

Here's the general and best approach for trip planning:

1. Plan a vague itinerary (where to go, what to do)—without getting attached to taking the trip at any specific time.
2. Start to book flights and hotels once experts say it's safe to travel again.
3. File your itinerary away for another time if the experience becomes more stressful or depressing than fun.

Here are some additional tips and tricks for trip planning:

- Get inspired by reading travel books and finding ones that either whisk you away to

paradise or get you excited to slow down and savor the journey.

- Brush up on your trip-planning skills by reading up on the best places to visit, best times to visit and best ideas to explore in each state and country.
- Ask for help by using travel advisors to help you find the best deals, arrange complicated itineraries, and juggle large groups or family vacations.
- Gather some world, continent, country and city maps and atlases (perhaps from National Geographic) to help you illuminate a place or plan a trip.

"Here's why planning a trip can help your mental health," Erica Jackson Curran, [nationalgeographic.com](https://www.nationalgeographic.com), May 14, 2020.

THE RISE OF COLON CANCER IN YOUNG ADULTS

Colorectal cancer is the third most common cancer diagnosed among both men and women, as well as the third leading cause of cancer-related deaths in the U.S. And unfortunately, colorectal cancer rates are rising for Americans under the age of 50 with an increase of 12% in this age group.

SCREENING RECOMMENDATIONS

The American Cancer Society recommends colorectal screening begin at age 45 for individuals with average risk. If you have a family history or other risk factors, then your doctor may recommend earlier screenings. These recommendations align with recent guidelines put out by the U.S. Preventive Services Task Force, which hopefully will increase insurance coverage for screenings before the age of 50. With that said, even with these new recommendations, not all colorectal cancer will be caught since it can show up in your 20s and 30s. That is why it's vital to listen to your body and speak with your physician if you feel something may not be right.

SIGNS AND SYMPTOMS OF COLORECTAL CANCER

You may not show any signs or symptoms from colorectal cancer right away, however, pay attention to any of the following symptoms that could be a sign of colorectal cancer.

- A change in bowels including diarrhea, constipation, or narrowing of the stools lasting more than a few days
- Feeling that you still need to have a bowel movement just after having one
- Rectal bleeding with bright red blood
- Stools that appear dark brown or black, which is a sign of blood in the stools
- Cramping or abdominal pain
- Weakness, fatigue or unintended weight loss

HOW TO LOWER YOUR RISK OF COLORECTAL CANCER

Although you cannot always prevent cancer due to genetic factors and other unknown causes, you can take the following steps to lower your risk: consume a healthy, balanced diet including plenty of fiber found in whole grains, beans, fruits and vegetables; exercise regularly; see your physician for your annual physical; and drink enough water to stay hydrated.

"Why Is Colorectal Cancer Rising Rapidly among Young Adults?" cancer.gov, accessed Nov. 9, 2020.

"Key Statistics for Colorectal Cancer," cancer.org, accessed Nov. 9, 2020.

"Colon Cancer Rates In Younger Adults Are Rising," henryford.com, accessed Nov. 9, 2020.



Healthy Veggie Breakfast Casserole

Active 10 min. | Total 50 min.

- 2 tablespoons olive oil
- 1 teaspoon garlic, minced
- 1 sweet or red onion, chopped
- 2 cups broccoli, chopped (fresh or frozen, thawed)
- 3 cups mushrooms, sliced
- ½ cup cherry or Roma tomatoes, chopped
- 2 cups fresh spinach
- 6 eggs
- ½ cup milk
- Salt and pepper to taste
- 1 cup sharp cheddar cheese

1. Preheat the oven to 350 F. Spray a small glass baking pan or 9x9-inch casserole dish with non-stick cooking spray.
2. Heat oil in a large skillet over medium heat. Add the garlic and onion and sauté for about four minutes or until slightly softened.
3. Add broccoli, mushrooms and tomatoes and cook until softened, then add spinach and cook until its wilted. Add the vegetable mixture to the baking pan.
4. In a bowl, whisk together the eggs, milk, salt and black pepper.
5. Pour the mixture over the vegetables and stir in the cheese.
6. Bake uncovered for about 40 minutes or until the egg mixture is cooked thoroughly.

Adapted from primaverakitchen.com