

Taking Time Off

I know you already know this, but let me remind you. Nursing is stressful and traveling can be stressful too. Just because traveling is fun and wonderful, doesn't mean that it doesn't carry its stress factors. Getting used to new people and new places all at once can be very stressful nerve racking. Even though you are traveling, this is a working vacation. You actually have more stresses than the average nurse on duty. Not only are you trying to be empathetic while maintaining your busy schedule and trying not to kill your patient with the wrong medication dosage, you are also trying to acclimate to a new climate and culture.

Due to this additional stress, you really need to take time off between every assignment. Don't spend all your money on your assignment. Save some of that money for your reward at the end of your assignment. Pack your car, park it at a friend's house, and take off to Italy for a week or two. You deserve it. Be the true wild and free traveler that people see you as.

I know it is hard to get away sometimes and the money seems like the goal. How much can you make this year while traveling. I made of \$100,000 last year, a traveler said to me. But what about his health and enjoyment of life. You have to keep you enthusiasm and energy for the next challenge. Being a traveler, you should be able to afford this luxury. If you can't, you need to get rid of some of your bills and downsize. You only live this life once.

Most people have to put in for vacation once a year. You have the luxury of taking a vacation once a month. Everyone should have this opportunity, but they don't. You are unique and you deserve it. Come on start planning your next trip. Get a group of travelers together and split the cost. Whatever it takes. Travel your heart out.