

## **TRAVELING CAN BE THERAPEUTIC**

Sometimes traveling can be just what the doctor ordered. This turned out to be true for Sara. In nursing school, she found out about travel nursing. As a child, Sara grew up traveling and became accustomed to it. In her travels, prior to nursing school, she met and agreed to marry a wonderful man. While he applied for dental school, she applied for nursing school. They found a reputable school in the South, they could both attend. The dental school was located right across the street from the nursing school. It was perfect. Perhaps it was too perfect.

They were both accepted to the school, when he got into a tragic boating accident and passed away. In an instant, Sara's future completely changed. She decided to still attend nursing school without him. Every time she saw the dental school across the street, she wanted to burst out in tears, but there was little time for that. Nursing school was very demanding. She couldn't wait to get out of school and get started on her new life. Understandably, the last thing she wanted to do was settle down.

Once out of school, Sara got a job and started shopping around for a travel nursing company. They all told her she had to have at least a year of nursing experience. She kept calling until finally one of the companies found a place that would consider her with only 8 months experience. This is unusual and not recommended, but she was determined.

Like Sara, some nurses travel to cope with a life event. For Sara, traveling turned out to be very therapeutic. She took time to mourn, but she didn't allow herself to stagnate. Traveling allowed her to appreciate the beauty and adventure life still had to offer.

If you find yourself in a life transition, travel nursing may be just what you need. There is no better way to stir things up.