

A large lecture hall with tiered seating, a stage, and a large screen. The text is overlaid on the image.

MENTAL HEALTH AND WELL-BEING ON THE ROAD

With Taylor (she/her)
from the University of Guelph!





FRIENDS!!

HOW TO PACK YOUR CAR



Up front

- Car water (stays in car)
- Pens, hand cream and sanitizer in center console, mints
- Phone charger

Back seat

- Table set-up supplies
- Essentials container
- Luggage
- Stuff bag

Trunk

- Viewbooks
- Cart & banner

WHAT TO KEEP IN YOUR CAR - FUN!



- **CAR SNACKS:** easy to go ones (think easy to eat in the car things – ritz, granola bars, healthy options, careos etc.)
- **Hotel SNACKS:** that nighttime sweet treat (microwave popcorn etc.) or fruit/veggies
- **Water** – either a large bottle or water bottles
- **Hotel slippers/OURF bus slippers**
- **Gym bag**
- **STUFF bag**

Pro tip: pack your clothes in a carry-on suitcase if you are able to

HOW TO MAKE THE MOST OUT OF YOUR WEEKS PT. 1



- See where you are for the week – even if its somewhere you've been before and find things to do around the schools (cafes, shops, thrift stores, malls, outlets, events etc.)
- Go for a walk outside, visit a park & stretch your body
- Plan to see friends and family!
- Call your friends and family
- PODCAST/audiobooks/music
- It's okay to have downtime & 'do nothing'

HOW TO MAKE THE MOST OUT OF YOUR WEEKS PT. 2



- Find a restaurant that you like with free wifi or libraries have free wifi too!
- Find places you like to go & you can accomplish things – for me that was IKEA
- Plan to do all your errands (buying birthday gifts, Christmas shopping, Halloween décor etc.)
- Have dinner or grab a quick coffee with other SROs before a fair!
- Incorporate ‘down time’ into your weeks to ensure you aren’t always doing something (if you’re like me and like to be busy, this will be key)
- REST is productive
- ALWAYS bring your swimsuit!



HOW TO MAKE THE MOST OUT OF YOUR WEEKS PT. 3

- Try new restaurants and new food! BUT also comfort food in your hotel room is just as good
- I would ask for a booth with a plug (if it was 'off peak' time) at the restaurant, and set up there for a couple hours
- Bring your book or something to do other than your phone into a restaurant if you are eating alone!
- My favourite thing to do was try the new things that 'fast food' restaurants come out with – this was the cilantro bowl from Tim's
- And ALWAYS have something to do in the car – for me this was my iPad and a physical book to read





Key Takeaways

- Make the most of your weeks because they go by quickly!
- Prioritize what is important to you – so you feel a sense of accomplishment in addition to your job
- Include ‘downtime’ to just sit and breathe to help avoid burnout
- **ALWAYS** bring your swimsuit & have FUN!

Goodluck on the road! If you need any recommendations or someone to talk to feel free to reach out to me – tedwar02@uoguelph.ca