



10 Ways to Thrive in Fifteen Minutes, While You Are Traveling for Work

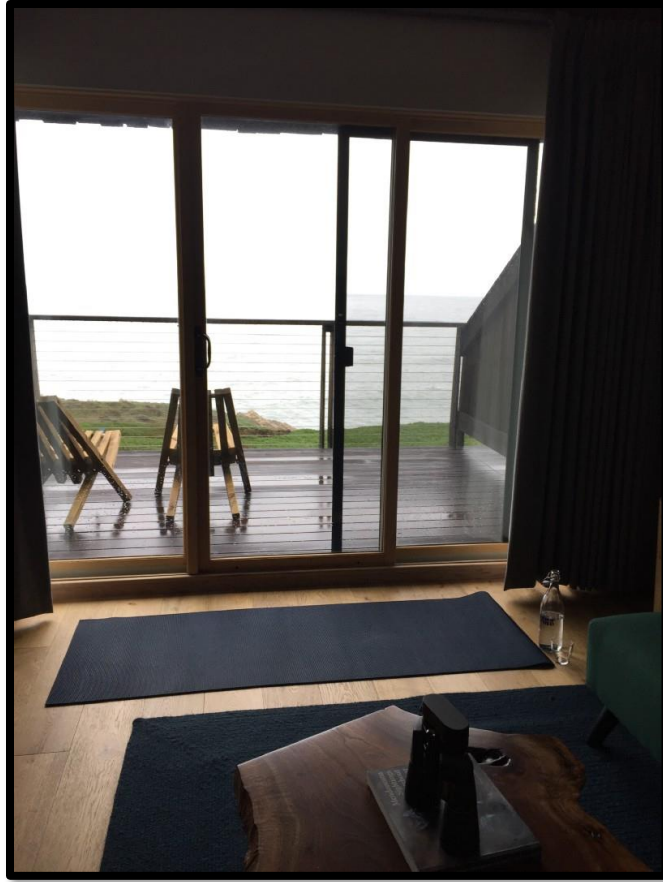
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Hitting the road for work can be toxic for your body. Sleeping in a strange bed, not having your normal workout routine, and hotel food can all drag down your health. Here's a few ways you can contribute to your personal wellness in just 15 minutes while you are on the road:



1. **JOURNAL:** Grabbing your journal, instead of your cell phone and jotting down your thoughts, goals, dreams, and wishes will keep you focused on your life; instead of wasting away precious minutes as you compare yourself to your friends on Instagram. Take this time to reflect on your family, or your life at home.



2. **STRETCH YOUR BODY:** Grab a yoga mat and start your morning by stretching your body. You don't have to spend a lot of time, just fifteen minutes getting your body ready and your mind focused for the day can start your morning off right.

<https://journal.thriveglobal.com/10-ways-to-thrive-in-fifteen-minutes-while-you-are-traveling-for-work-204a926ac880#.j84evfd93>