



GRAY DAWES
TRAVEL

TRAVEL
talks



TRAVELLER WELLBEING
FACTSHEET 2025



Traveller Wellbeing refers to the physical, mental, and emotional health of people travelling for work.

Keeping a traveller's wellness at the front of your mind is the first step towards building a travel experience that enhances work performance, reduces stress, and keeps employees healthy and happy

Check out our top traveller wellbeing tips below and find out how to boost your employees' mental and physical health while on the road.

Incorporate Wellbeing into your Travel Policy

- For best practice, consult with your TMC for expert advice in building a fair but flexible travel policy. For example, allowing the traveller to embark the night before an early start can guarantee they are well rested and more productive as a result.
- Keep in mind a traveller's appropriate class of travel for the length of their flight. Allow time in the travel itinerary for the traveller to familiarise themselves with their surroundings so they feel more at ease.





Preventing Stress Pre-trip

- Ensure that every part of your trip is planned down to the finest of details. Any TMC worth their salt will keep you informed of any travel updates or potential risks before, during and after your trip – an invaluable service that can help reduce stress.
- Make sure you know who to contact during the trip for emergencies. This is particularly important for solo female travellers.
- Be sure to understand a traveller's past travel experience and provide any extra support where needed. Fully review their travel preferences to ensure that their trip is as comfortable and smooth as it can possibly be. For example, what is their preferred choice of seat on a flight? Do they have any specific mobility needs? It is vital to check with your TMC whether your traveller's profile is up to date.

Top Tips for Better Sleep

- Disruptions to a regular routine, crossing time zones, and staying in noisy hotels can all contribute to a poor night's sleep and the serious side effects to one's health that a lack of rest can bring.
- Select a sensible travel time and provide flexibility to travellers to help them get plenty of rest.
- Your TMC will be able to request hotel rooms with higher floors away from lifts, hotel lobbies, or in quieter and safer areas.



Managing Stress on the Road

- Encourage your travellers to download apps that can help with mindful thinking or meditation, such as Headspace.
- Suggest employees stay healthy and hydrated throughout their trip by encouraging nutritious snacks and light exercise.
- Work with your TMC to create a wellness guide which can include top tips and advice on keeping well whilst travelling for work. Keep the guide somewhere that travellers can easily access e.g. On your company's intranet or your TMC's portal.

Post Trip Activity

- Allow your traveller to have a few days after the trip to decompress and readjust to their regular routine. Avoid booking them in for back-to-back meetings, for example.
- Give travellers the ability to freely share any feedback on their trip. This will give you some insight into the travel process and what you and your TMC can do to tweak or change things in the future.
- Monitor how long employees are away on business and collect relevant data such as the number of red eye flights a traveller has boarded or time zones they have crossed. Our comprehensive reporting tool, YourData, powered by Microsoft PowerBI allows you to review and analyse these insights.



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