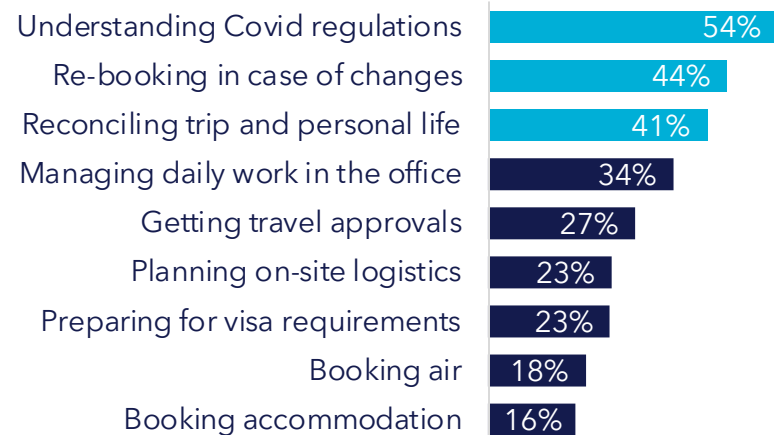


## Traveler stress factors

Travel is inevitably linked with stress and uncertainty, which impact wellbeing of traveling employees before, during and after a trip.

### Stress factors: Pre-trip



In a recent Traveler Wellbeing Survey, respondents shared their views on travel stress factors answering the question: "What increases your level of stress before, during and after a business trip?"

### Stress factors: On a trip



### Stress factors: Post-trip



- Understanding Covid regulations and preparing required documents tops the list of pre-trip stressors.
- During travel, flight delays and cancellations, as well as tight connections cause major concerns.
- Catching up on office work and preparing expense reports is what stresses travelers post-trip.
- Reconciling travel and personal life ranks high on all three lists as an important stress factor.