

Let's talk
about
solitude



Fast facts on SOLITUDE:

■ "LONELINESS" AND "SOLITUDE"
ARE COMPLETELY DIFFERENT

■ BOOSTS CREATIVITY AND
PRODUCTIVITY

■ IMPROVES PSYCHOLOGICAL
WELL-BEING

■ GIVES YOU MORE
OPPORTUNITIES TO PLAN YOUR
LIFE AND EVALUATE YOUR
PASSIONS

■ HELPS REGULATE EMOTIONS

■ CAN MAKE YOU MORE
SUCCESSFUL (THIS IS BACKED
BY SCIENCE!)

NOTE: ALL FACTS PRESENTED ARE TAKEN
FROM ONLINE SOURCES & STUDIES. I AM
NOT CLAIMING TO BE AN EXPERT.

Fast facts on SOLO TRAVEL:

THERE HAS BEEN A 42% INCREASE IN SOLO TRAVEL BOOKINGS OVER THE PAST TWO YEARS

"SOLO TRAVEL" IS THE 2ND MOST POPULAR SEARCH FOR POST-PANDEMIC TRIPS

84% OF SOLO TRAVELERS SURVEYED BY KLOOK (2019) WERE WOMEN

PINTEREST REPORTED A 350% INCREASE IN "SOLO FEMALE TRAVEL" PINNED ARTICLES

38% OF THOSE WHO TRAVELED SOLO WOULD DO SO AGAIN

71% OF SOLO TRAVELERS HAVE VISITED AUSTRALIA, MAKING IT THE #1 INTERNATIONAL DESTINATION FOR SOLO TRAVEL

Why is solitude IMPORTANT?

- FREES UP DISTRACTIONS OF EVERYDAY LIFE
- ALLOWS YOUR BRAIN TO REST
- PREVENTS BURNOUT
- ESSENTIAL FOR SELF-DISCOVERY & SELF-AWARENESS
- GIVES YOU MORE PERSPECTIVE
- ALLOWS YOUR BODY TO CATCH UP WITH YOUR MIND
- CALMS YOU DOWN
- MAKES YOU FOCUS ON THE BIGGER PICTURE
- YOU'LL BE HAPPIER + MORE CONTENT
(STUDIES PROVE THIS)

General

THINGS TO REMEMBER:



THERE WILL ALWAYS BE NAYSAYERS & HATERS. KEEP CALM & CARRY ON



JUST BECAUSE YOU'RE MARRIED OR IN A RELATIONSHIP, IT DOESN'T MEAN YOU CAN'T DO THINGS ALONE!

ONLY 11% OF SOLO TRAVELERS SURVEYED ARE SINGLE.
FOLLOW @**ONEGIRLWANDERING**, WHO PAVES THE WAY ON HOW TO SOLO TRAVEL WHILE MARRIED



DOING THINGS ALONE GIVES YOU ENDLESS AMOUNTS OF FREEDOM



YOUR INDEPENDENCE AND PERSONAL GROWTH IS INCREASED TENFOLD THROUGH MINDFUL SOLITUDE

How to practice SOLITUDE:

- MEDITATE + DO YOGA
- HIKE OR GO FOR DAILY WALKS
- ESTABLISH + STICK TO A MORNING RITUAL
- ENGAGE IN YOUR HOBBIES - DO WHAT YOU LOVE
- JOURNAL ON A DAILY BASIS
- READ
(BOOKS, ARTICLES, BLOGS: REMEMBER, YOUR LIFESPAN INCREASES UP TO 2 YRS. JUST BY READING 30 MIN./DAY!)
- COOK + BAKE NEW RECIPES
- CRAFT, PAINT, DOODLE, DESIGN - ANYTHING ART-RELATED

"In solitude,
the mind gains
strength and
learns to lean
upon itself."

- LAURENCE STERNE

@MYDEBSTINATIONS

