

THE MONTH OF MAY IS MENTAL HEALTH AWARENESS MONTH

Many charter and tour companies are in the PRIME of their busy season. Whether you are scheduling trips for your customers or planning a vacation with your family or friends, it is likely you are feeling the stress of a busy travel season.

May is Mental Health Awareness month. Our mental health and life balance is essential to our overall health and well-being. It underpins our individual and collective abilities to make decisions, build relationships and shape the businesses and world we live in.

What can you do to combat stress and anxiety?

- Practice gratitude and reflection
- Eat healthy and exercise – even if it's a lunch break walk or break time stretch
- Set a routine or structure your day
- Focus on what you can do to stay on task and prepared
- Take time to disconnect
- Encourage others to remain positive and well during a stressful busy season
- Surround yourself with sounds, plants or colors that you find soothing

TRAVEL AND BOOKING TRENDS WE ARE SEEING



UPCOMING EVENTS

Can you believe we are almost halfway into the year? This year is flying. For a full listing of events and to register please visit: <https://www.buses.org/events/category/women-in-buses-events>

WOMEN IN BUSES WEDNESDAYS SERIES

Wednesday, June 7 2:00 p.m. ET

Executive Committee presents "Know Your Numbers, Control Your Costs" presented by Jim McCann with Spader.

REGISTRATION OPENS FOR 2024 ABA MARKETPLACE NASHVILLE

Wednesday, June 7 | 12:00 p.m. ET

Plan early and register for Marketplace and the 3rd Annual Women in Buses Day.

NETWORK AND NOSH SERIES

Friday, June 16 | 1:00 p.m. ET | 1:00 p.m. ET

CAN COLOR HELP IMPROVE YOUR MENTAL HEALTH?

The psychology of color has long been recognized to impact how we feel and work. Colors evoke emotional reactions that can affect mood and stress. This may in turn influence mental wellbeing.

Changing your office color may not be a possibility but adding a piece of art, chair pillow, vase or even a screen saver color is an easy change that may have a positive effect on your mental health.

For more information about color and mood, visit <https://www.verywellmind.com/color-psychology-2795824>

THE PSYCHOLOGY OF COLOR DESIGN



WELCOME NEW MEMBERS

Cheryl Adams, CTIS, Adams Travel • Ellie Archer, Healthy Halo Insurance Services/ABA Healthcare Benefits • Anisette Arocho, DC Trails • Dawn Burns, Deadwood Chamber of Commerce & Visitors Bureau • Dildora Damisch, Multilingual Detroit Downtown Tour • Caylyn Emanuel, SIVAD PPE • Elizabeth Galeazzo, National Comedy Center • Laura Gonzalez, SSN Hotels - DE, NJ, PA, VA • Shannon Hamm, Hotard Coaches • Karen Jedson, South County Tourism Council • Alexa Long, Zeelo • Amy Lovette, South Carolina Aquarium • Christine McDonald, Kiel NA LLC • Jennifer Moreau, Star Line Mackinac Island Hydro-Jet Ferry • Rhonda Mott, Charleston Tea Garden • Patti Peesker, Tourism Saskatchewan • Emily Potter, Peter Pan Bus Lines Inc. • Carol Powell, Holiday Inn Express & Suites/Surestay by Best Western/Home2Suites by Hilton (Helen, GA) • Carol Presley, Carol's VIP Adventures • Sarah Reynolds, Simply Travel • Claudia Rutt, A-1 Limousine, Inc • Aerionna Skrutvold, Montana's Glacier Country • Sandy Stewart, Elite Coach • Amy Street, Fides Communication, LLC • Susan Swales-Vitullo, CTIS, Visit Clearfield County • Michelle Thomson, CTIS, CSTP, CTP, Black Hills & Badlands Tourism Association • Laurie Trout, Gray Line of Tennessee



SPREAD THE WORD

Share this Newsletter with another woman in our world who can benefit from our network.



JOIN WOMEN IN BUSES

<https://www.buses.org/about/councils/WIB/membership/join>
Contact us at wib@buses.org to see how to get involved with our organization.



QUOTABLE

"As society sees what women can do, as women see what women can do, there will be more women out there doing things, and we'll all be better off for it."

— Sandra Day O'Connor
"Women in Power"

