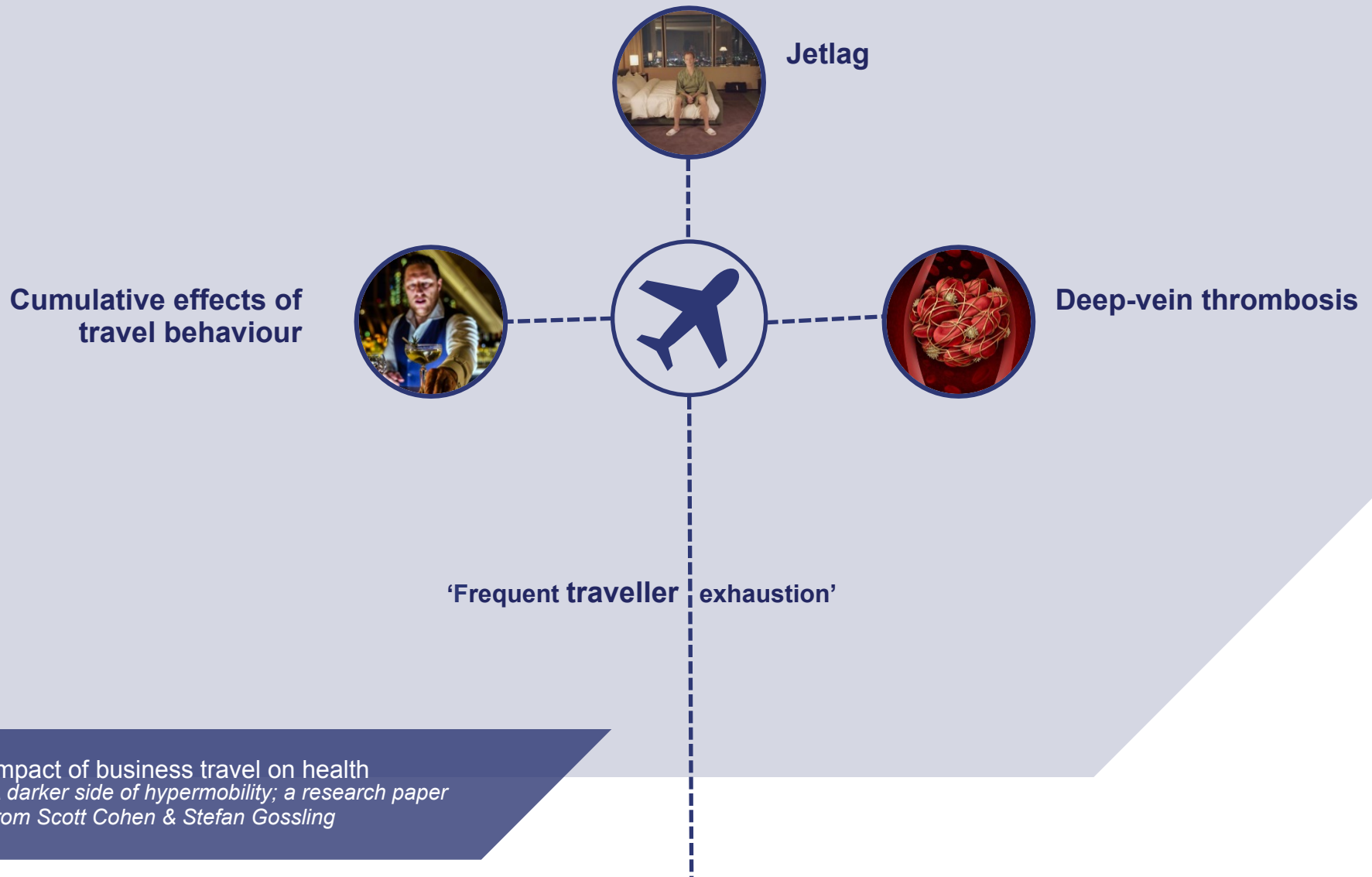


# JUST HOW STRESSFUL IS BUSINESS TRAVEL?



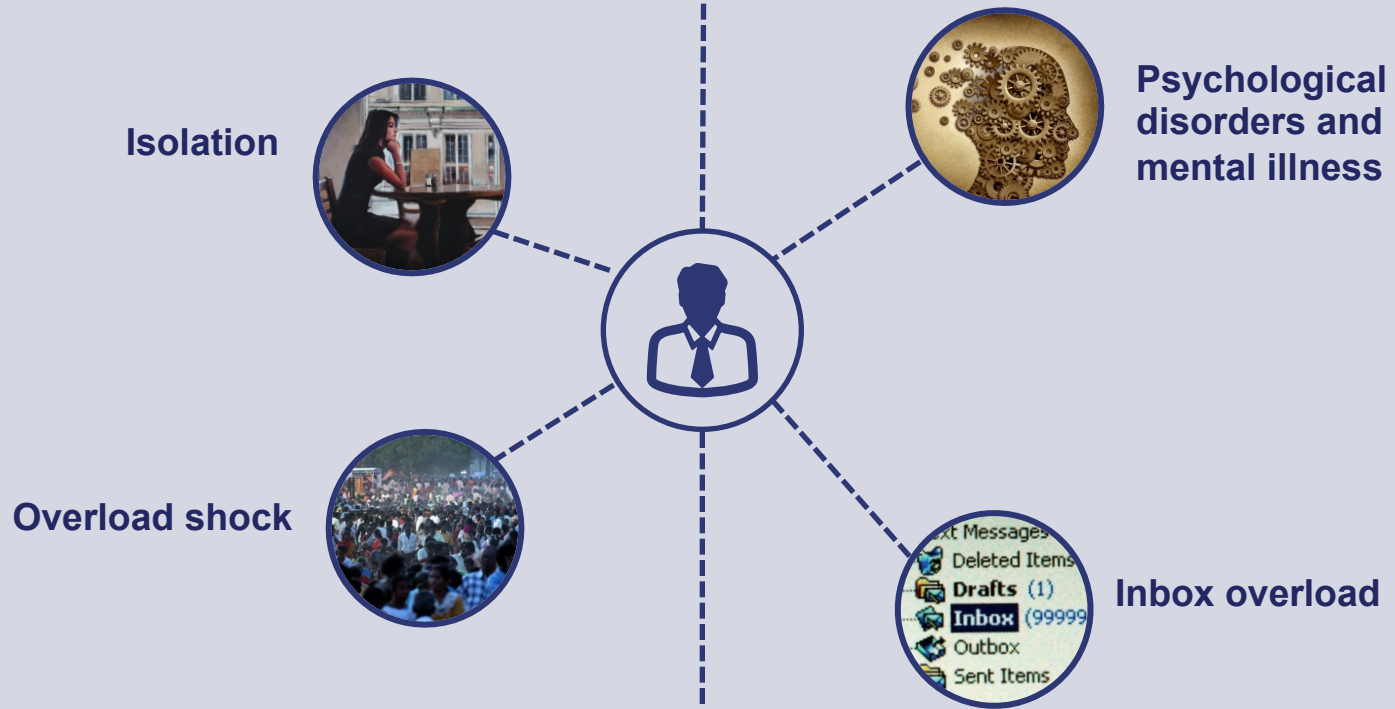
IF WORK-RELATED STRESS IS A  
"**21ST-CENTURY DISEASE**",  
AS THE INTERNATIONAL  
LABOUR ORGANISATION PUTS  
IT, WHAT HAPPENS WHEN A  
BUSY TRAVEL SCHEDULE IS  
ADDED TO THE EQUATION?

# PHYSIOLOGICAL CONSEQUENCES



Impact of business travel on health  
*A darker side of hypermobility; a research paper  
from Scott Cohen & Stefan Gossling*

# PSYCHOLOGICAL AND EMOTIONAL CONSEQUENCE



# SOCIAL CONSEQUENCE

**Imbalance domestic  
responsibility**



**Loss of family role**



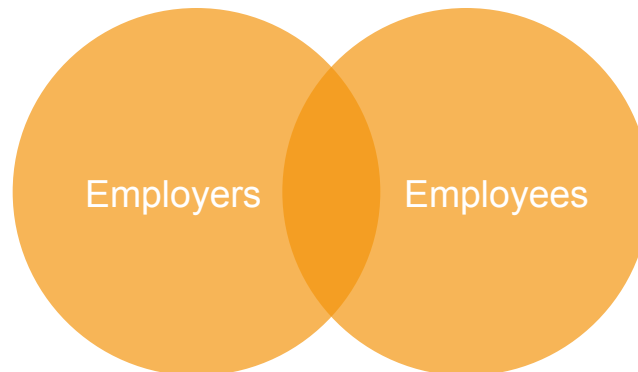
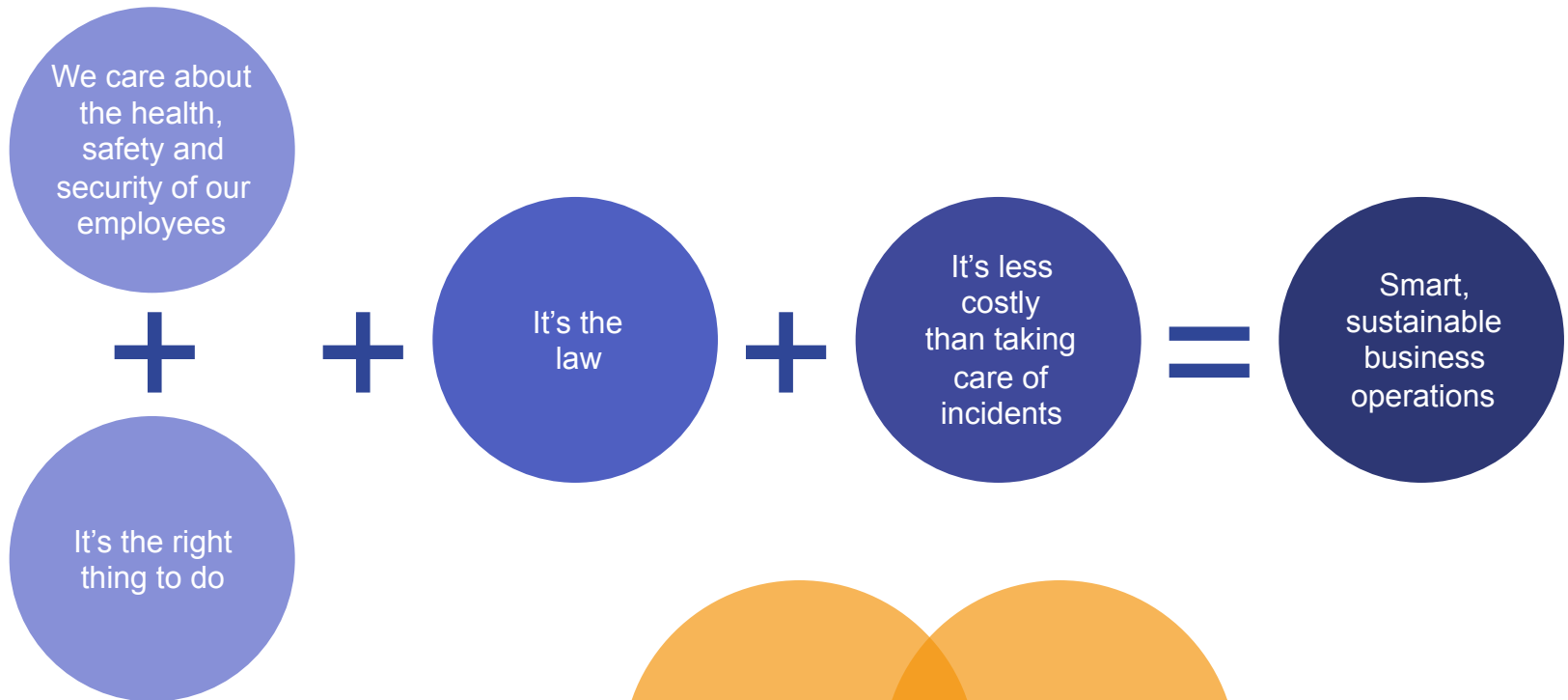
**Emotional  
upset**



**Reduced time for  
home-based social life**



# DUTY OF CARE



# Surviving a terrorist attack

## Security case study: Brussels

Trauma professional deployed within 24 hours



Trauma professionals spoke 3 languages



Created & distributed a booklet for those impacted



Provided support over multiple days



5 RRCI hotlines set up within 48 hours



## Dealing with unanticipated stress level

Medical case study: Being assigned in Czech Republic



“The counselling has really been life-changing. I feel that I am able to focus at work and spend time with my son. I don't feel so overwhelmed. Thank you for the support.”

# LEGAL & INSURANCE CONSIDERATIONS

- How do I identify and support travellers with mental health issues?
- Does my organisation's travel insurance policy cover treatment and repatriation costs incurred due to mental illness?

# STRESS AND BUSINESS TRAVEL SURVEY



[surveymonkey.com/r/emotionalsupport](https://surveymonkey.com/r/emotionalsupport)

*Survey participants will be the first to receive the study results in October.*