

# Herald Cafe



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HOLY CROSS PRIMARY SCHOOL INSTALLS NEW STUDENT LEADERS

## Impromptu escapes for survival: Travel that heals the mind

Vacations aren't a luxury anymore; they're now a survival strategy. Day or night, work or no work, Gen Z is forever down for a getaway

Elsa Angel Rose

Social media pressure, fear of missing out, digital overload, academic and career pressures, ephemeral relationships, climate anxiety, and more have made getting away a survival instinct for Gen Z. This generation is, quite unexpectedly, looking at the most overlooked aspect of travel, its therapeutic nature. For them, travel is not just about mere sightseeing and partying, but about something much more than that.

Jaden D'Costa, a 21-year-old student, said, "We're constantly juggling college, part-time work, internships, social pressure, and staying 'online' 24/7. With everything moving so fast, taking a break isn't an indulgence; it's a reset." According to him, a vacation helps him recharge, reflect, and come back stronger. Jaden said, "Its self-care, not selfishness."



### RESET, RECHARGE, REPEAT

Not a trip once a year, or even once a month, for this generation, vacations are a weekend ritual. And with each getaway, they come back recharged, refreshed, and ready to take on the world. Frankson Fernandes, a 22-year-old, said, "I believe breaks should happen more often, perhaps twice a week or on alternate weeks, to give us the chance to explore new places and experiences. Going solo can be compelling for personal growth as well."

Emmanuel Francis D'lima, another young adult, feels that it is long overdue for a vacation, as he has been working relentlessly for the past six months. He said, "Once you feel you have worked long enough, you get into the mindset of wanting a vacation, or you feel distracted all the time while working." This generation also notices and talks

### SIGNS YOU NEED A BREAK

- Difficulty concentrating or frequent distractions.
- Feeling emotionally drained or irritable.
- Constant fatigue despite rest.
- Loss of motivation or creativity.
- Increased anxiety or mood swings

about the visible changes after every vacation they take.

Jaden said, "Before a vacation, I'm usually mentally drained and honestly just pushing through. My mind's cluttered and I'm low on patience. But post-vacation? It's like I hit a mental reset. I feel lighter, more focused, more present. I come back with more energy, clarity, and a better attitude, both towards people and responsibilities. It doesn't fix everything, but it helps me feel like myself again."

### HEALING THROUGH TRAVEL

Dr Akshada Amonkar, a consultant psychiatrist, said, "I recommend travelling to my clients, because it is something that cuts the monotony. You are seeing something new, which makes you feel happier and lighter. Travelling helps release

experience new sensations, encounter different places, meet diverse people, and participate in novel activities. All of these experiences contribute to making the brain feel refreshed and rejuvenated. Neuroplasticity refers to the lifelong capacity of the brain to change and rewire itself in response to the stimulation of learning and experience.

"Every time we engage in something new, whether it's experiencing or learning, neuroplasticity is at work." This process improves learning and memory, the capacity to adapt to new situations, and keeps the brain young.

Chanda Pereira, a clinical psychologist, said,



happy hormones like dopamine and serotonin, which in turn help combat anxiety, burnout, and different kinds of stress."

Whenever someone engages in an activity that increases their happiness, dopamine is released in the brain. For most people, travelling is one such activity. While travelling, individuals

"Travel can lower cortisol (the body's stress hormone), activate the parasympathetic nervous system, which supports rest and digestion, especially during stress, boost dopamine, the feel-good neurotransmitter." According to her, these physiological responses help explain why people often feel uplifted after a trip. She said, "However, if one remains glued to their phone or stuck in anxious thoughts while traveling, these benefits may be lost."

### TRAVEL FOR MENTAL HEALTH: ENOUGH OR NOT?

While a trip can provide relief from daily stress, lasting mental wellness requires ongoing care and support. True healing comes from addressing underlying issues, not by escaping them. Combining travel with mindfulness, therapy, or healthy habits makes the benefits more sustainable. "Travel can offer a temporary break, a chance to unwind and refresh. But mental health issues don't disappear with a change of scenery," said Chanda.

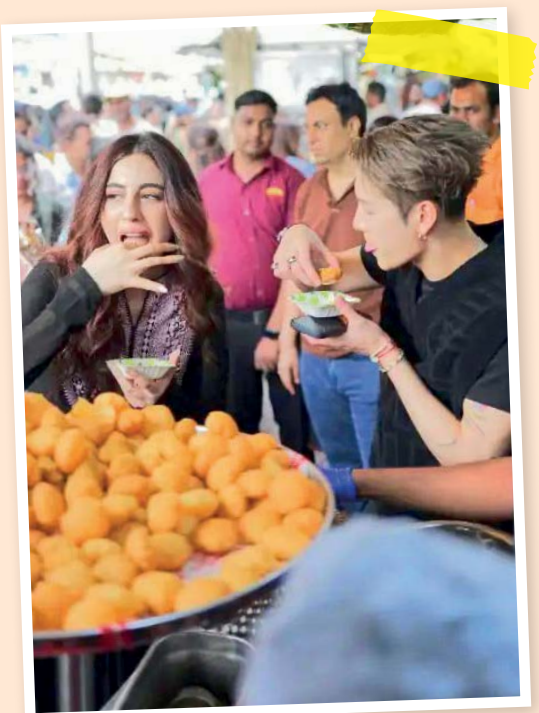
According to her, therapy offers a safe, confidential, and consistent space to understand and heal from underlying emotional and psychological challenges. Travel cannot replace this structured support. She noted, "While travel can support mental well-being, it should be viewed as complementary, not a substitute, for professional therapy. True healing requires reflection, structure, and guidance."

### SWIPE RIGHT



#### Al Pacino is the first movie star to meet Pope Leo XIV

Hollywood legend **Al Pacino** made history as the first movie star to meet newly elected Pope Leo XIV. The 85-year-old actor was received in a private audience at the Vatican, alongside producer Andrea Iervolino and the team behind 'Maserati: The Brothers', in which Pacino plays Vincenzo Vaccaro. Andrea called the meeting "a moment of profound spiritual and cultural inspiration," highlighting shared values between the film and the Church, family, compassion, and the common good. Pope Leo XIV has championed these ideals in his recent messages. 'Maserati: The Brothers' is directed by Bobby Moresco and also stars Anthony Hopkins, Andy Garcia, Jessica Alba, and Michele Morrone, among others.



Actress **Samreen Kaur** is over the moon after meeting K-Pop sensation Jackson Wang during his India visit, where she introduced him to Mumbai's street food and vibrant culture



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