Wellness Wednesday

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Traveling Solo? Here are 11 ways to Make It Feel Empowering—Not Isolating

Traveling alone offers a unique opportunity to discover both the world and yourself on your own terms. The freedom to craft your own adventure without compromise is exhilarating, yet even the most independent explorers occasionally experience moments of discomfort or isolation. Those quiet dinners or breathtaking vistas can sometimes feel incomplete without someone to share them with.

The key to transforming these moments lies in perspective. Rather than viewing solo travel as lacking something, consider it an opportunity for deeper engagement with your surroundings and yourself. When you're alone, you're actually more available – to new experiences, unexpected encounters, and authentic connections.

Let's explore practical strategies that can help you navigate those occasional awkward moments and transform your solo journey into a fulfilling adventure.

1. Reframe Your Mindset

You're not alone—you're available. Solo travel gives you the chance to fully absorb your surroundings without compromise. Fill your itinerary with things you love, and embrace the chance to be present with yourself.

2. Pick Social Accommodations

Stay in hostels (many offer private rooms!), co-living spaces, or hotels with communal lounges and happy hours. These settings naturally spark conversations and new connections.

3. Own the Solo Meal

Dining alone doesn't have to be awkward. Choose the bar, a counter seat, or a lively food market. Bring a book or journal, or just people-watch and enjoy being in the moment.

4. Join Group Activities

Tours, classes, and workshops give you structure and company. Whether it's a walking tour, cooking class, or sunset cruise, these experiences offer built-in social opportunities.

5. Engage Locally
Pop into small bookstores, cafés, and boutiques—especially during off-hours. Chatting with locals not only builds connection but often leads to the best recommendations and insights.

6. Volunteer for a Day
Short-term volunteering adds purpose and people to your trip. Beach cleanups, animal shelters, or festival help can deepen your connection to a place—and its people.

7. Set an Intention
Give your trip meaning beyond sightseeing. Whether it's to reset, grow, create, or heal—having a personal focus helps turn lonely moments into powerful ones.

8. Start a Creative Project
Bring a journal, camera, or sketchpad and document your experience. Not only does this give your trip purpose, but it also helps you stay present and engaged with your surroundings.

9. Learn a Few Local Phrases
Even a few words in the local language—like hello, please, and thank you—can go a long way. It shows respect and often opens doors to warm, unexpected conversations.

10. Use Apps to Connect
Apps like Meetup, Bumble BFF, or Couchsurfing Events are great for finding casual gatherings, local experiences, and other solo travelers.

11. Embrace Spontaneity
Say yes to that local festival, street performance, or neighborhood walk you stumble upon. Some of the best solo travel moments come from following your curiosity.

Solo travel is less about being alone and more about learning how to be fully present. With these strategies, you'll not only avoid awkwardness—you'll return home more connected, confident, and inspired.

Click the image below to register for the upconing seminar!

Roasted Yellow Squash

Ingredients

Equipment

- 1 sheet pan
- medium bowl

Ingredients

- 2 cups yellow squash, cut into ¼-inch thick half moons
- 1/2 tbsp extra virgin olive oil
- 1/4 teaspoon garlic powder
- kosher salt, to taste
- black pepper, to taste

Summer brings an abundance of yellow squash, and transforming this versatile vegetable into a delicious side dish couldn't be simpler. When roasted properly, yellow squash develops a beautiful golden exterior with caramelized edges while maintaining a tender interior that complements virtually any main course.

Why Roast Yellow Squash?

Roasting vegetables unlocks flavors that other cooking methods simply can't match. The dry heat of the oven caramelizes the natural sugars in yellow squash, creating depth and complexity that steaming or sautéing doesn't achieve.

The beauty of roasted yellow squash lies in its simplicity. With just a handful of pantry staples, you can create a nutritious side dish that pairs beautifully with everything from grilled chicken to baked fish. The high-temperature roasting method creates those coveted browned edges that add textural contrast to the tender flesh.

For home cooks seeking efficiency, roasting yellow squash offers the perfect solution—minimal prep work with maximum flavor payoff. Simply slice, season, and let your oven do the heavy lifting while you focus on preparing the rest of your meal.

Nutrition Information

Serving: 1 /4 of recipe, Calories: 23 kcal, Carbohydrates: 2 g, Protein: 0.5 g, Fat: 2 g, Sodium: 2 mg, Fiber: 0.5 g



INSTRUCTIONS

How to Make It

1. Preheat your oven to 400°F (205°C). This high temperature is crucial for achieving proper caramelization without overcooking the squash.

2. Prepare the squash by washing thoroughly and patting dry. Trim the ends, then slice each squash lengthwise before cutting into half-moon shapes approximately ¼-inch thick. Consistent thickness ensures even cooking.

3. Season generously by placing the sliced squash in a medium bowl and drizzling with olive oil. Add garlic powder, salt, and pepper, then toss until every piece is evenly coated.

4. Arrange in a single layer on a baking sheet. Avoid overcrowding, as this will cause the squash to steam rather than roast, preventing proper browning.

5. Position the baking sheet in the lower third of your oven, where the heat concentration will help develop that beautiful golden underside.

The entire preparation process takes less than five minutes, making this an ideal side dish for busy weeknights when time is limited but you still want something delicious on the table.

Reference: SkinnyTaste

https://greatist.com/health/bodyweight-workout-for-shoulders#push-back-push-up

Featured Exercise

Push-back push-up

HOW TO DO IT:

- Start in a push-up position but with feet a bit wider than shoulder width. Brace core and lower your body toward the floor, leading with your chest. Instead of pushing straight up from the floor as you would in a regular push-up, push upper body back toward heels. As upper body goes back, bend legs and let hips rise as upper body comes back to meet them.
- Your end position will look like an elevated Child's Pose. Keep your spine long. Drive through your legs to return to the starting position.
- Sets/Reps: 3 sets of 12–15 reps

THE BENEFITS:

This innovative exercise transforms a chest-focused movement into a shoulder-dominant powerhouse that mimics real-world pushing motions used in sports and everyday activities. Unlike standard push-ups where you simply push straight up, this variation incorporates a horizontal pushing motion that engages your shoulders in a more functional pattern.

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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

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