

## My Neurodivergent-Friendly Vacation Planning Guide

A supportive planning tool for creating a vacation that works with your nervous system — not against it.

Vacations are meant to be restorative, but travel can also bring unexpected challenges. This guide helps you think through your needs ahead of time so you can spend less energy managing stress and more time enjoying your experience.

### 1. What Does a Successful Vacation Look Like for Me?

My main goals for this vacation are:

- Rest and recharge
- Spend quality time with loved ones
- Explore somewhere new
- Have fun and be spontaneous
- Connect with nature
- Celebrate something meaningful

When I return home, I would like to feel:

- Rested
- Connected
- Inspired
- Calm
- Happy

### 2. Understand My Travel Needs

Things that help me feel regulated:

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Things that may feel overwhelming:

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### 3. My Sensory Support Plan

Sounds that may bother me:

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Support I can bring:

- Noise-canceling headphones
- Earplugs
- Music or calming sounds

Visual or environmental triggers:

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Physical comfort needs:

- Comfortable clothing
- Favorite pillow or blanket
- Snacks
- Water bottle
- Movement breaks

#### 4. My Energy Budget

Activities I really want to prioritize:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I am okay skipping:

\_\_\_\_\_

My ideal balance:

- One main activity
- Two activities with breaks
- Flexible schedule

#### 5. My Daily Vacation Rhythm

Morning:

\_\_\_\_\_

Afternoon:

\_\_\_\_\_

Evening:

\_\_\_\_\_

#### 6. My Decision-Fatigue Plan

Restaurants:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Low-energy activities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Ways to rest:

- Hotel downtime

- Reading
- Watching a show
- Walking
- Quiet activity
- Alone time

### 7. My Communication Plan

Things I want my travel companions to know:

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When I need a break, I can say:

"I need some quiet time so I can enjoy the rest of the day."

### 8. When Things Don't Go as Planned

Signs I need a break:

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Things that help me recover:

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People I can ask for support:

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### 9. My Vacation Reminder

I do not have to:

- Do everything
- Keep up with everyone else's pace
- Enjoy the same things as others
- Push through exhaustion to prove I am having fun

I am allowed to create a vacation that supports me.

Reflection After My Trip

What worked well?

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What would I change next time?

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What did I learn about my needs?

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Into the Looking Glass Counseling

Supporting neurodivergent adults, couples, and families in creating lives that honor their unique needs.