

Adventure Photographer Gregg Jaden Shares 7 Tips to Stay Mentally Healthy During Extended Global Travel Restrictions

7 Tips To Stay Mentally Healthy During Global Travel Restrictions

LOS ANGELES, CA, USA, June 30, 2020 /EINPresswire.com/ -- Since the beginning of COVID 19 Global Quarantines, Travel Adventure Photographer Gregg Jaden finds himself doing anything he can to stay positive while maintaining his mental, physical and spiritual stamina during the extended Golbal travel restrictions. Between daily meditation, eating healthy, yoga, workouts and keeping his immune system strong, Jaden keeps his sanity by staying grounded



Secluded Canadian Mountain Top Glacier - Gregg Jaden

and taking things one day at a time. Like working on new writing projects and networking opportunities, since key people are easier to reach these days online. Jaden shares his tips on survival and plunges you into some of Earth's most incredible landscapes. To join the

conversation with this [commercial photographer in Los Angeles](#) and tips on how to cope with COVID 19 Global Travel Restrictions, follow [@greggjaden](#) on Instagram or YouTube or [@greggjaden](#).

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There's never been a more important time to focus on the positive in life, as a society, during extended travel restrictions. It's a harsh reality nobody wants, but we must persevere.”

Gregg Jaden

Jaden has amazed an impressive, well engaged following since beginning his adventures into photography 5 years ago. Shooting exclusively with Sony cameras for the last 4 years, his art displays the crisp intention of his storytelling. Even the feel to his photos makes it difficult to know the

exact location. "There's never been a more important time to focus on the positive in life, as a society, during extended travel restrictions. It's a harsh reality nobody wants, but we must

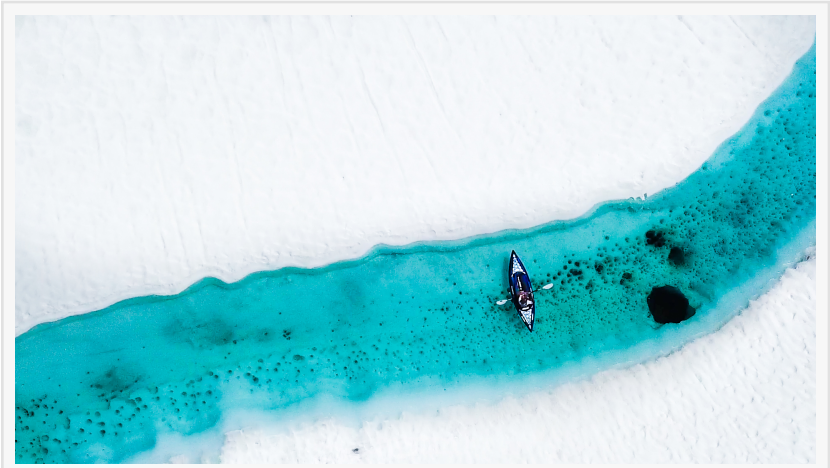
persevere. I stay focused on things I can control. I want all my travel photos and films to be a reminder to never give up, stay grounded and keep faith." says Jaden.

Jaden constantly searches for more unique locations to explore. Focussing less on office duty and more on travel adventures, gets his adrenaline pumping. "I want my travels to inspire those to keep pushing forward during these difficult COVID-19 times. I hope sharing my travel moments can help other photographers and travelers cope better while experiencing the same frustrations I am. It's important to remain patient and control the things we can during COVID 19 restrictions." says Jaden.

Here's 7 Tips To Stay Mentally Healthy During Extended Global Travel Restrictions

1 - Meditate Daily - They were right when they said "patience is a virtue". Practice patience. Meditate at least an hour per day. This will help you calm your nervous system and relax any busy thoughts while staying grounded. Maintaining a healthy mind, body and soul.

2 - Explore Close to Home - Try searching for exciting travel locations closer to home or in the surrounding areas to explore. There is always some new hidden gem in close by waiting to be discovered. Check with Parks and Recreation to confirm any closures/openings. For travelers this can spark a newfound excitement. Planning a trip is always exciting, so make it fun! Bring your camera for creative shots.



Secluded Canadian Mountain Kayaking on a Glacier - Gregg Jaden



Deep Inside Hang Son Doong Vietnam Base Camp 3 - Gregg Jaden

3 - Start a New Project - Take advantage of the extra time by working on new projects. Be creative! This is a perfect time to contact key industry professionals about project colabs. Write a blog, book or movie script. Take on some personal growth and healing. Start a YouTube channel or Podcast. Creativity is food for the soul. Most of all have fun!

4 - Take it One Day at a Time - This is my most important practice, since it is literally impossible to plan any international travel. This should help keep anxiety low and have you living more in the moment . Avoid living in the past or future.

5 - Reach Out For Support - Stay in touch with like minded friends and family. Fun video chats. Avoid pessimists.

6 - Take Breaks from The News - Although it's tempting to keep updated, read something enlightening instead. You'll most likely hear about it later anyway.

7 - Live with Gratitude Every Day - Remind yourself It can always be worse.

Jaden is hopeful his travel stories will help others stay passionate about exploring while we wait. "I was obsessed to explore the Largest Cave in the World, Hang Son Doong Vietnam. I miss expeditions like this which is around 80 km total over 5 days, off the grid. Carrying 60-80 lbs of gear in my backpack. We spent 3 out of the 5 days in harness for the extensive rock climbing. We trekked through almost 50 rivers, avoided hundreds of camouflaged, deadly poisonous Green Viper Snakes and countless leeches. This place is definitely a favorite the mind-blowing visuals were worth every minute." says Jaden

Jaden kept searching for more rare finds. This brought him to Canada to explore a melting glacier lake at the top of a mountain. The only way to get there was by helicopter. "I want my photos to mean something. Being submersed in complete silence mixed with periodic loud thunderous booms, from ice breaking underneath us, as it melts is such a rush. The melted ice created a beautiful turquoise glacier stream, perfect for a day of kayaking, photos and film." says Jaden.

When asked about his photography techniques, "I do a lot of handheld shooting. I use tripods in low light situations and for astro. Most of my shots with a person in the shot, it's an athlete,

model or myself. All of my MilkyWay shots is an actual person, or myself, that held their breath to stay perfectly still for the shot. I also look for ways to light my environments to add a sense of wonder. I use Adobe Lightroom for all of my edits and like to keep it pretty basic. A lot of my camera gear and settings I post on my Instagram to help other photographers wanting to achieve a similar effect." says Jaden.

Today, the passionately founded team at Gregg Jaden Studios use their expertise to help small and major Brands with commercial photography and engaging experiences. They are transformative commercial filmmakers generating ideas for Brands. From concept to creation, they invite clients to recreate their Brand image through a more primal photographic/film presence. Step into the conversation in Instagram @greggjaden_ with one of the prominent Los Angeles Filmmakers. Visit greggjaden.com.

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