

Make the most of your commute

A commute is just a part of life for many working people. But whether you spend that time on a bus, train, or in a car, your commute doesn't have to be a low point in your day. Instead, use that time to make your day better! Try these tips:

- **Practice relaxation.** If you're not driving, try doing some meditation or guided imagery. You can purchase scripts and songs for your phone or other device to listen to.
- **Stay cool while driving.** If you're driving, listen to peaceful music and focus on slow, deep breaths. Breathe in through the nose and out through the mouth. This can help relieve "road rage" while you focus on driving.
- **Wait for work time.** Don't check email or do other work tasks before you've arrived at work. Instead, stay "unplugged" for a more relaxing start to your day. This is especially important if you're driving!
- **Exercise your brain.** An audiobook or podcast can help you feel productive during this down time. Some mobile phone apps and podcasts can even help you learn a new language.



Commuter-friendly snacks

If you're starving by the time you walk through the door each night, you can end up overeating or reaching for the first bag of chips you see. Hold off your hunger by packing a snack for your ride home:

- An ounce of nuts, such as almonds, cashews, or walnuts
- A cup of fresh berries and a piece of string cheese
- Baby carrots or celery with hummus
- Plenty of water to stay hydrated, fight fatigue, and curb hunger

