

Making Rush Hour Happy Hour

Secrets to Dealing with Commuting Stress

You are on your way home from a long day at work. In an hour you have to meet some friends downtown for dinner, and you're stuck in traffic. In a situation like this, it is easy to become stressed. Here are several tips to help you deal with the frustrations of rush-hour traffic.

Leaving Time

It sounds simple, but many people do not prepare for rush-hour traffic. If possible, move your plans back fifteen or thirty minutes so you can remain calm when you encounter a delay. Don't expect to get there fast, then you won't become anxious when you are held up, and you will be pleasantly surprised if your drive goes faster than you expected.

A Refreshing View

Is your regular route the only way to get where you are going? Occasionally varying your drive may help you relax. Taking different roads can be refreshing because of the change in scenery.

Even though it may seem like more miles to travel, using side roads could actually speed up your trip because you are not stopping for construction or traffic on the interstate. You can arrive at your destination feeling more peace and calm.

Enjoying The Trip

You can make your ride much more enjoyable by listening to a book on tape. Choose a subject you've been wanting to learn more about, or a book you've been eager to read but haven't found the time to pick up.

Knowing you have something interesting to listen to when you get into the car could help you look forward to the drive. This doesn't have to be expensive. There are books on tape at the public library, or you could trade tapes with your friends and co-workers.

Try these rush-hour tips this week. Your ride will be much less stressful. Plus, you will enjoy the rest of your evening if you arrive feeling relaxed.