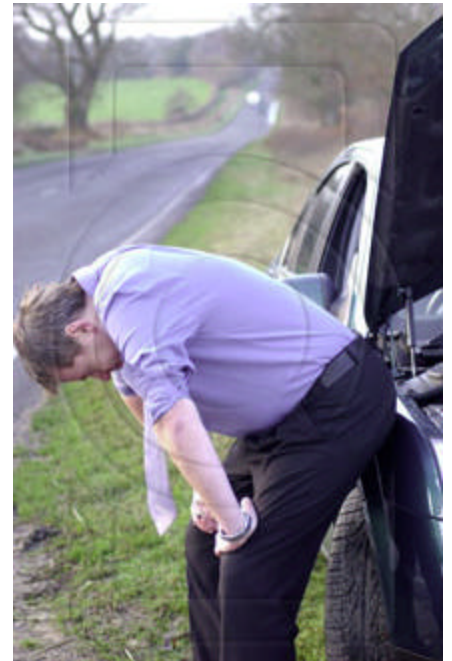


## De-stressing the Commute

### Turning Road Rage into Road Sage

The average American commuter spends an hour a day driving to and from work. During this stressful, stop-and-go time, it's likely that blood pressure increases, adrenaline begins pumping, and muscles constrict and tighten. By the time you get home, you're wiped out and grumpy, and you have less to offer to those you come home to. If this sounds familiar, recognize that you have the power to reduce commuter stress. Here are a few tips to make your commuter time contribute to -- rather than detract from -- your life.

- Employ adjustable back cushions, pillows, wedges, and lumbar supports for a more comfortable commute. For more information, check out [www.relaxtheback.com](http://www.relaxtheback.com).
- To successfully sidestep the late-afternoon slump often caused by the stress hormone cortisol, keep some healthy snacks within arms reach. Celery, string cheese, water, and nuts -- especially almonds -- are good options for the drive home.
- Borrow books-on-tape/CD from the library. Consider purely entertaining novels to ease the intensity of your drive.
- Learn a foreign language. Libraries also loan out these types of tapes and CD, too.
- Use your commute as an opportunity for spiritual or emotional growth. When stressing about a traffic jam, remind yourself that it's completely out of your control. Remember, attitude is everything.
- Practice breathing. When stress occurs, breathing becomes shallow and constricted. Taking full, deep breaths gives the body more oxygen, helping to regulate physical and mental function. Exhaling fully releases tension and built up toxins.



For more ideas on achieving calm in a busy world, consider reading *Serenity to Go: Calming Techniques for Your Hectic Life* (New Harbinger Publications, 2001) by Mina Hamilton.