

Morning Traffic can Be Fun?!?

Does it feel like your commute is wasted time? Do you wish you had a flying car or a transporter? Running late, traffic is going to be nasty and now you are in a horrible mood?

Here are a few tips to start enjoying your commute.

Relax – unfortunately, traffic in the city can be congested and your commute can be long. A couple things to remember: first, everyone around you is in the same boat. When you relax, you start to see your situation and everyone around you differently. Second, decide to change your mind-set and think about this as your time. Time to dream, relax and listen to music, or find a comedy station on the radio and start your day with a laugh. When you get to work, you will be ready to work and in a great mood.

Use your time to expand your horizons – download a podcast, audiobook or educational lesson. You never know, you may start looking forward to getting in the car for your commute. Taking the bus? Use your travel time to catch up on your industry news and breakthroughs. Try keeping a journal and stay in touch with your dreams and goals. Read a good book. Catch up on your favorite tv program on your phone or tablet.

When possible, change the situation – Some ways to break up the trip; carpool with friends, carpool and make new friends, take public transportation. Change your work hours. Some businesses can be flexible with their work hours as long as the employees are productive. Can you come in to work an hour earlier? Later? This may be just enough time to avoid the busiest commute traffic.

Got another tip? We will post your tips here and on our website. Email us at: info@cofamilycenters.org

