

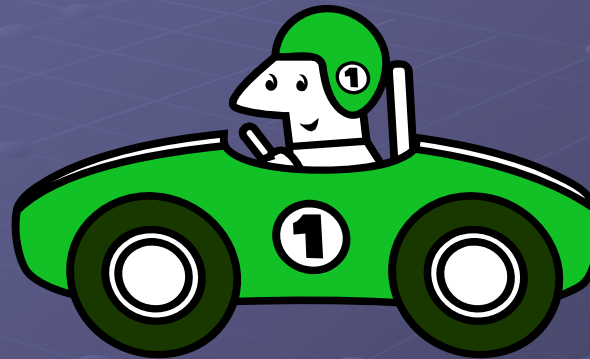
# The Calm Commuter: Strategies to Ease Your Daily Travel

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# OBJECTIVES

- Assess the effect of commuter stress on your life
- Explore factors that contribute to stress
- Assess the positive effects of commuting
- Discover strategies for mitigating commuter stress
- Create a plan for responding to other drivers
- Explore commuter options and resources

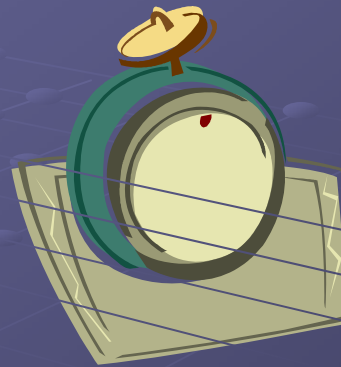
# How does commuting affect your quality of life?



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# Strategies for Alleviating Stress

- Time Management -  
Allowing enough time to  
COMFORTABLY get  
from Point A to Point B
- Stress Management –  
Finding ways to deal with  
the stress since we can't  
always eliminate it
- Alter, Avoid, Accept



# What are the positive aspects commuting?



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# Non-constructive ways of facing the task of commuting

## ● Dangerous multi-tasking

- Just one more thing
- Make lists

## ● Cell phone safety

- Ask people to send a follow up email after the cell call
- Speed dialing, hands free, voice activated calling

## ● Audio options

- Headsets
- Radio

# Strategies for a Calm Commute

- Get a restful night of sleep
- Make lists
- Safety checklist
- Prepare, prepare, prepare
- Organize – “At your fingertips”
- Serenity prayer – look at what is in your control
- Reframe
- Look at the positives
- Practice relaxation exercises
- Compartmentalize
- Don't dwell on the trip to work AT work

# Things to Keep in Your Car

- Emergency gear
- Book or magazine
- Pen
- Paper or a notebook
- Your cell phone where you can reach it
- Loose items secured
- Clock set appropriately



# Other Drivers

- Defensive Driving – try to anticipate
- Attitude – you can't change them but you can change your attitude
- Time Management – allow time for letting the bully go ahead of you

# Dealing with Aggressive Drivers

- Be a cautious and courteous driver. Don't tailgate.
- If you are in the left lane and someone wants to pass, move over and let the driver by.
- Don't make inappropriate hand or facial gestures.
- Use your horn sparingly.
- Don't trigger a confrontation. Avoid eye contact and steer clear, giving angry drivers plenty of room.
- It is a good idea to put as much distance between you and the aggressive driver as possible.

# Options and Resources

- Websites
- Organizations
- The Workplace

