

5 Tips for Reducing Stress: Commuting

- **Allow plenty of time:**

Give yourself plenty of time so you don't find yourself rushing.



- **Get some fresh air:**

The benefits of walking and being outside are well established! Build a walk into your daily commute.



- **Avoid meetings first thing:**

Try to leave a buffer between arriving and your first meeting so have time to settle in and mentally prepare.



- **Travel outside of peak times:**

Talk to your manager to see if you can have an adjusted start time so you can avoid large crowds or getting stuck in traffic.



- **“Me Time”:**

Reframe your commute as time for yourself to do something you enjoy, such as reading a book or listening to music, or reward yourself with a small treat.

