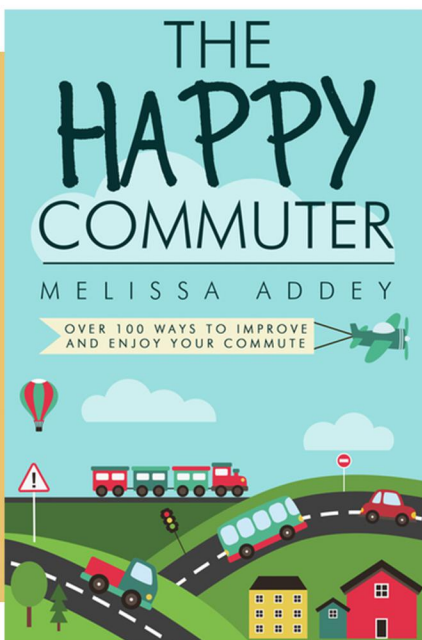


# 10

## Simple Ways to Improve Your Daily Commute



We've all been there: Going to and from work each day is a drag. It's boring, stressful, or feels like a waste of your precious time. So how can you get more out of your commute?

Melissa Addey, author of *The Happy Commuter*, shared her top 10 ways to improve your daily commute - whether you drive, take the train, or bicycle in to work. If these tips work for you, you'll definitely want to check out the other 90 methods in her book.

# Top 10 Tricks to Have a More Enjoyable Commute

**1 Pack better and take less stuff!** You don't need to have so many things with you. When you can, try to miniaturize things - bring a mini umbrella instead of a full-sized one, for example.

**2 Choose practicality over style.** While the cute handbag may look amazing, a functional backpack may be more comfortable and practical.

**3 Improve your commuting environment.** Clean your car and empty out trash and items you don't need. When everything you need is in its place, your vehicle will be a much nicer place to spend all that driving time.

**4 Play games in your head!** Look around the train and assess passengers' suitability to being stranded on a desert island with you - who would be best at collecting coconuts and fish? Or play a dating game in your head, pairing up random strangers who you think would have chemistry. Make it fun!

**5 Mentally close down your workday.** Avoid the tendency we have of taking work home with you. On your way home from the office, make a plan for tomorrow and then let go of work. Clear your mind so you can enjoy the rest of your day with family, friends, and your hobbies.

**6 Eat something!** Whether you need breakfast on the go or a snack after a long workday, some nourishment will be a healthy and yummy way to pass the time. Bring some nuts, fruit, or a smoothie. Just try not to annoy other passengers with anything smelly!

**7 Listen to some music!** Listen to your favorite artists, keep up with what's popular on the radio, or discover new artists and genres.

**8 Read or listen to a book.** If you take the bus or train, reading a book is a great way to pass the time and get a good story, too. If you drive, listen to an audio book. Choose fiction, nonfiction, or a mixture of both! You can also listen to podcasts about all kinds of interesting topics. Keep your mind active.

**9 Do something charitable.** Donate some food or clothing on the way to or from work. Sign an online petition while you're on the train or bus. Hand out blessing bags to the homeless. Do something good for others.

**10 Take care of something practical.** We're all super busy, so why not make your commute productive? Do some online shopping - whether it's groceries or gifts for others. Pay a bill. Plan out your week's to-do list. Getting some of these practical things done will clear up more free time later!