

Title:

What Is It About The Commute That Drains Me?

Word Count:

442

Summary:

On the surface, this is a no-brainer ~ it's everything about the commute itself. The time invol

For example...

Keywords:

commute, stress, relax, advice, health, travel, car, techniques, weight

Article Body:

On the surface, this is a no-brainer ~ it's everything about the commute itself. The time invol

For example, is it the distance, the traffic, the amount of time sitting in one place, fears o

Understanding what causes you to become tense and putting a name to it will help you on your w

Stop and observe your thinking. Take a moment and examine your behavior. Are you angrily shout

If the draining is in some part of your body, then you may want to consider relaxation techniq

If the draining is in your thinking, a change in attitude toward the commute will reduce that

If the draining is emotional, distraction such as listening to music, talking to someone who's

Once you are aware of these thoughts and feelings, you can begin to consciously change, making

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