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The Hurdles Of Commuting

By "Dr. M. Mastria"

Commuters have unique hurdles to overcome. How to stay connected to family and community,

how to meet personal needs when large chunks of time are taken from the day, how to limit wear and tear and stress from body and mind that commuting over the years evokes are just a few.

The typical worker commutes 35 minutes one way and uses a car to get to work. Whether your commute is 20 minutes long or over an hour and a half, done via public transportation or your own car, the stress of the commute can be exhausting and have short and long term effects.

Studies done by universities, hospitals and government agencies show that workers who commute function under emotional stress that impacts on their work and their families and social lives. One study showed that the longer the commute, the higher the blood pressure of the commuter-driver.

Commuters also report more illnesses and are out of work more often. The frustration and anger that build up on the road is seen at the workplace. CNN reported a study showing that workers bring their commute-related anger to their jobs. The NYU Sleep Disorder Center showed that workers who travel more than 75 minutes were more obese and more hypertensive.

Commuting is a fact of life in this Twenty-first Century, but life doesn't have to be so bad. There are dozens of websites and organizations that are dedicated to making the commute a little better. They give good advise – take public transportation when you are able, use carpools, get a good night sleep before going to work, use the commute time to listen to relaxing music or a book on tape, give other drivers the benefit of the doubt – and a break.

There are many benefits to commuting to work. We choose where we want to live, there is a true distinction between work and home, there may be better schools and leisure activities available. Of course, the distance may make some of the benefits just possibilities.

Once you are able to get your commute under your control in terms of the stress and strain and you are ready, your miles clocked will show achievements rather than strain. You will have an opportunity to use this traveling time to look at your life and, step by step, mile by mile, map out where you are and where you want to go. You will learn how to refuel after becoming drained of your energy. You will

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begin to set goals and use mileage markers to measure your success. And you will create a vision of your life down the road that brings out the best in you as a person and in your many roles as spouse, parent, neighbor, friend, church member and, yes, worker, too.

Dr. M. Mastria is the founder of

<http://Commuter-Assist.com>;

a website devoted to commuters. The

website features articles, e-courses, links and resources aimed at helping and educating the long distance commuter. Visit the website at

<http://www.commuter-assist.com>

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Reboot Your Commute

By "Dr. M. Mastria"

Commuting is one of those things that, if you are doing it, is something that you have to do rather than want to do. And if you have a negative attitude about your commute, it can quickly turn into something that starts to impact more than just the time you spend commuting.

Your attitude about the commute can carry into work, home, and play. When you arrive at work already in an agitated state, you'll need a cooling off period or your productivity will be lowered. Time is wasted preparing for the commute itself, either by having to hype yourself up or by dragging yourself down. It can also take its toll of your health, whether it is from increased stress or weight gain. Needless to say, commuting takes away from time that you would rather spend on other activities.

Wouldn't it be nice if you actually looked forward to your commute? It may seem overwhelming to try to picture the commute in a different way, but there are resources out there to help commuters change their perspective and even turn the commute into something positive and productive.

Following a simple program and making small changes is a great way to start turning your commute into a better experience. Programs are good because they provide structure and activities to see you through the needed steps and help you to understand why the commute affects you adversely and how to change it.

One of the first things to do is think about what it is that drains you about the commute? Is it the time,

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the crowds, being away from home, fears and risks associated with traveling, or simply the boredom? In order to revert back to a time before the stress of the commute got hold of you, you first need to articulate what about the commute is draining. Then you need to do something about it.

Think of the commute as a tool that allows you to live your life in a better way. For example, instead of saying:

"I hate driving all the way to work. I wish I could retire. What's the use of having a nice house when I don't have any time to spend in it?"

You could say: "I commute to work so that I may live where I choose. In this way, I get the best of both worlds, a good paycheck and a good home. I even get to use my commute time in a way that increases my health and wellbeing."

Figure out what drains you, then you can act on that and move forward to help make your commute a positive force in your life.

Dr. Mastria is founder of Commuter-Assist and has created a five step program titled, FIVE STEPS TO A BETTER COMMUTE available free on the Commuter-Assist website (

<http://www.Commuter-Assist.com>

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out of their commute and life in general. To contact email

info@Commuter-Assist.com

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62 Ways To Beat The Gas Pump Monster

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