

Getting back and forth to work can be a time consuming, frustrating experience ..... or it can be good material for practicing mindfulness. Here are some tips to help you cultivate well-being while commuting.

**Surrender control:** Commuting is a way to remind us that prepare as we might, there's always elements of life that are out of our control. The flat tire, the surprise rainstorm, the subway train that breaks down; **these all remind us of how important it is to surrender control as way to find peace.** While our initial reaction to an unexpected delay or to annoying fellow passengers may be tight muscles, see if you can develop a new habit of deep breathing and letting go into the moment. Deep breathing is an amazingly effective habit, even in the middle of a crammed subway car.

**Stay focused:** It is challenging to stay mindful when we're thrust into the mad crush of commuters and all their individual habits. If you focus on these things, you're surely headed for stress. If, instead, you practice deep breathing and focusing on one thing (a book you love, your thoughts, your breath, a calming phrase or mantra), you stand a better chance of staying centered.

**Daydream:** Let your creative juices flow by letting your mind wander. Dream big, then use the voice memo function or notepad on your smart phone to record ideas, Use the time for "big mind out-of-the-box" thinking. Staying connected to our dreams is a mindfulness tool that can shift the energy of even the most stressful situation.

**Allow yourself enough time or accept being late.** Being late for anything is stressful. There is a difference between chronic tardiness and circumstantial lateness. Be honest with yourself here. When it comes to commuting, whether by public transportation or by car, allow for the time you need to reach your destination. You'll have less stress and you will to get where you're going peacefully.

**Stop listening to local news on the way to work:** Bad news sells so bad news dominates the airwaves. Starting your day with a dose of bad news is a sure-fire way to get your blood pressure boiling. Instead, find a style of music that's a distraction but also has a soothing impact on your nervous system, or read or listen to an uplifting memoir. Whatever you choose to replace the news, use it as a tool to keep a positive outlook while on your way.

**Practice Compassion:** Remember that the fellow humans sharing your train car or highway are, like you, craving happiness and peace. Wishing your fellow commuters well will increase your own well-being and the well-being of those around you.

***We wish you 20 minutes of mindfulness each day!***

To get started with a mindfulness practice, visit [mindfulhub.com](http://mindfulhub.com).

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