

# Mentally Recharge During Your Commute!

A quick guide to having a mini reset while travelling

## Driving Tips

1. When at RED lights – do deep breathing (4-4-4, inhale, hold, exhale)
2. Listen – to calming music or uplifting podcast
3. Be mindful – limit multitasking and notice the scenery. Look at the cars, clouds, trees etc. (of course, please do so safely)



## Public Transport Tips

1. Use headphones – listen to relaxing music or a meditation video
2. Create a ritual – journal one thought, reflect on gratitude, plan on a small joy
3. Look out the window – let your mind gently wonder

## Walking/ Cycling Tips

1. Be Mindful – Focus on your movement, the feel of your body, your breathing
2. Mental check-in – Ask yourself, how are you feeling? Just take the time to notice, no need to fix or judge



Your commute is a transition zone—a bridge between work and personal life.  
Use it to reset, reflect, and arrive more grounded.