

# Driving on the Care-Free-Way

You spend a lot of money getting the car you want - comfortable seats, good music system, and any other luxuries you can afford. Then you spend some of the most stress-filled moments of your life in it. These ideas can help you enjoy the ride:

- ✓ Give yourself enough time to get there
- ✓ Pause for a few minutes to settle into your car before you start it up
- ✓ Take a few slow deep breaths to focus and visualize an effortless drive to your destination
- ✓ Listen to your favorite music - preferably something calm and soothing
- ✓ Be cautious - a one-car lead may mean something in auto racing, but it only means danger and anxiety on the highway
- ✓ Keep your vehicle clean and comfortable.

With a little effort, your commute can become a stress reducer rather than a stress inducer.

