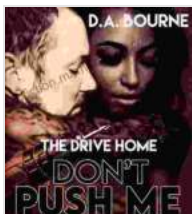


# Don't Push Me: The Drive Home From Work

Driving home from work can be a stressful experience. After a long day of work, the last thing you want to do is sit in traffic. But there are some things you can do to make your drive home more relaxing and enjoyable.



## Don't Push Me: The Drive Home by D.A. Bourne

★★★★☆ 4.8 out of 5

Language : English  
File size : 1291 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 21 pages



## 1. Plan Your Route

One of the best ways to reduce stress on your drive home is to plan your route ahead of time. This will help you avoid getting lost or stuck in traffic. There are a number of different apps that can help you plan your route, such as Google Maps and Waze.

## 2. Leave Early

If you can, leave work early to give yourself plenty of time to get home. This will help you avoid feeling rushed and stressed. If you know that you're going to be late, call ahead and let your family or friends know.

## 3. Listen to Relaxing Music

Listening to relaxing music can help you de-stress and unwind on your drive home. There are a number of different types of music that can help you relax, such as classical music, instrumental music, or nature sounds.

#### **4. Take Breaks**

If you have a long drive home, it's important to take breaks every few hours. This will help you stay alert and avoid getting fatigued. There are a number of rest areas along most highways where you can stop and take a break.

#### **5. Don't Drive if You're Tired**

If you're feeling tired, it's best to avoid driving. Driving while tired can be dangerous and can increase your risk of getting into an accident. If you're too tired to drive, call a taxi or a ride-sharing service.

#### **6. Be Patient**

It's important to be patient when driving home from work. Traffic is often unpredictable, and there's nothing you can do to change it. If you get stuck in traffic, try to relax and listen to music or a podcast.

#### **7. Be Courteous**

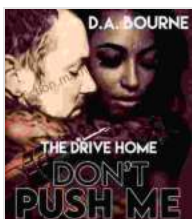
Be courteous to other drivers on the road. Yield to pedestrians, and don't cut other drivers off. Remember, we're all just trying to get home safely.

Driving home from work doesn't have to be a stressful experience. By following these tips, you can make your drive home more relaxing and enjoyable.

#### **Additional Tips**

Here are a few additional tips that can help you reduce stress on your drive home:

\* Avoid using your phone while driving. This can be a major distraction and can increase your risk of getting into an accident. \* If you need to make a phone call, pull over to a safe location first. \* Be aware of your surroundings and drive defensively. This will help you avoid accidents. \* If you're feeling overwhelmed or stressed, take a deep breath and focus on your breathing. This will help you calm down and regain focus. \* Remember, you're not alone. There are millions of people who drive home from work every day. By following these tips, you can make your drive home a more relaxing and enjoyable experience.



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