

5 Tips to Make Your Commute Work for Your Family

By Jennifer Matlack - April 2, 2014



PHOTO CREDIT: ISTOCK

Share 0 13 39 0 [Read](#)

The time it takes you to leave the office and rejoin your family offers a valuable opportunity to decompress and transition from career woman to nurturing mom. And making that shift is essential.

"It can help you stop your mind from pondering events from the workday and shake off stressors, which will make you more available for whatever your children require during those critical hours between dinner and bedtime," says Julia Samton, M.D., a neuropsychiatrist in New York City. You'll also be

able to more fully enjoy loving moments like bedtime snuggles and kisses, she says. Here are five ways to manage your commute so you arrive home ready to start your second shift with grace and ease.

Come to a stop.

If you're driving, pull over to the side of the road. "Taking an extra five or 10 minutes isn't likely to be a big deal for your sitter or whomever may be with the kids, and it could be a game changer for the evening," says Ramani Durvasula, Ph.D., a psychologist in Los Angeles. Turn your attention to the silence in the car, your breath, or something in front of you such as tree leaves shimmying in the wind. "This will help you move into the present moment and away from thoughts that keep you mentally stuck at the office," says Durvasula.

Divide your commute in half.

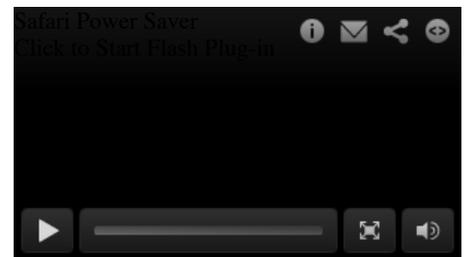
During the first portion, reflect on events that transpired at the office. Consider which goals were met, and those projects which are ongoing. Then visualize yourself actually shutting off your computer, turning off the light, and closing your office door behind you. "This action can provide a feeling of completion and help you leave work at work," says Dayna M. Kurtz, a licensed social worker and postpartum specialist in New York City. During the second

Our best direct to your inbox. Sign up for our newsletters.

Popular on iVillage Today

- ▶ [Hippie Remedies Doctors Love to Lose Weight, Cure Colds + Erase Anxiety](#)
- ▶ [Can You Trust Him When He Says I Love You?](#)
- ▶ [The World's Grossest Pedicure & Why We Love It](#)
- ▶ [14 natural ways to stop smoking](#)
- ▶ [Is Your Skin Ready for Spring?](#)

How to Make the Easiest Baby Book Ever



portion of your commute, think about what you are most eager to do when you arrive home. For example, you might think about giving your child a big hug and asking what she made in art class that day, putting on your sweatpants and slippers, and watering your houseplants. Letting these scenarios fill your mind will make you ready to follow through with them—and enjoy them.

Connect with Us



- Food
- Beauty & Style
- Home
- Health
- Pregnancy & Parenting
- Love & Sex
- Entertainment

- Boards
- More
- Follow us
- Search
- Profile

- Beauty
- Fashion
- Deals

Use your breathe to soothe.

Pay attention to any areas in your body where you're holding stress. Are you clutching the steering wheel tightly or clamping your jaw? Once you identify any tight spots, practice a sequence of deep, full-bellied breaths as you release those muscles. Research shows that the way you breathe can actually change how you feel. So if you breathe deeply and slowly, you'll end up feeling calm.

Clean up after yourself.

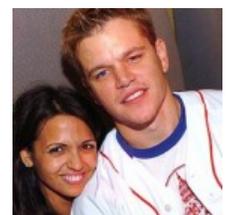
Before you get out of the car, collect any trash or toys that are on the car seats or floor. If you have a pack of wipes handy, dust the dashboard and clean up any spills around the cup holders. "Creating order in a space has a psychological effect of clearing your mind when it feels cluttered with thoughts," says Durvasula.



Best of the Web



17 Celebrities Who Went to Ivy League Schools (Popcrush.com)



11 Celebs Who Married Ordinary People (Yourtango.com)



21 Most Anticipated Movie Sequels of 2014 (AOL.com)



18 Celebs You Didn't Know Were Married To Each Other (Yourtango.com)

Like this? Want more? Sign up for Today's Big Story

Your email address

Sign up preview

FILED UNDER: ROAD TRIP



Comments 0

More From iVillage

- New Study Confirms Every Veggie You Eat Helps You Not Die [iVillage](#)
- Move Over, Quesadillas: 7 Delicious New Ways to Use Tortillas [iVillage](#)
- Budget-Friendly Ideas for Flower-Free Centerpieces [iVillage](#)
- Double-Duty Your Workout: 5 Tricks to Get Instantly Prettier as You Exercise [iVillage](#)
- Put down that pizza! 4 foods you're eating the wrong way [TODAY](#)

More From Around the Web

- Still Using That Old CPAP? See What You've Been Missing. [EasyBreathe](#)
- Natural gas cars: A look under the hood [ExxonMobil Perspectives Blog](#)
- 10 SUVs to Steer Clear Of in 2014 [Wall St. Cheat Street](#)
- Your CPAP is Crawling with Mold and Bacteria. Here's How to Clean it. [EasyBreathe](#)
- Building a Timeless Wardrobe [THE LINE](#)

Best of iVillage



BEAUTY 10 Ways to Save a Bundle on Beauty Products



PARENTING We Shouldn't Laugh, But...See These Adorable Kids Falling Down



HEALTH Pack Your Bags, Ladies! 10 Girls' Getaway Ideas for Any Budget