



Try a Fake Commute For Your Mental Health

As many Americans are working from home, they may now be missing their daily ritual of commuting. It can be tough to separate work and home lives, so some experts say adding a fake commute can help improve your mental health. Routines and rituals set you up for what's coming next, without really having to think about it—which helps the day flow better.

Mental health benefits of a fake commute include the following:



Creates a boundary
between work and home



Promotes movement and
mindfulness



Establishes healthy
routines

A fake commute involves using your normal commute time period to transition and mentally set yourself up for the workday. Consider the following ideas:

- **Get dressed and walk out the door.** From there, go grab the mail or take a brief walk.
- **Turn your phone off.** Setting your phone to “Silent” or “Do Not Disturb” mode can help you focus on the present and avoid distractions.
- **Get a workout in.** Keep up with your exercise routine for some normalcy. Physical activity can help reduce problems with stress, mental health and sleep, while also boosting your immunity.
- **Make time for mental fitness.** Emotional fitness is just as important as physical fitness. Focus on incorporating self-care acts like meditation, stretching or yoga.

Build new healthy habits into your workday and make the most of your normal commute time.

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