
Before you leave the office, how about you give yourself a little “check up from the neck up.”

Are you feeling good enough to drive?

Are you tired or frazzled?

Well, here are 5 ways to get yourself ready for the road when you might not be feeling good to go:



- 1. Take a walk:** If you've been sitting most of the day at your desk your muscles and metabolism may be stiff and slow. That can contribute to feeling lousy. A bit of exercise can often fix that.
- 2. Relax in a quiet place:** At least until you feel calm. This can be especially helpful if you've been under a lot of stress.
- 3. Take a nap:** Studies on “tired drivers” show that this is often the only thing that will give a dangerous exhausted driver any real, long-term relief. Even a 10 minute nap can make a big difference in your ability to drive safely.
- 4. Get something refreshing and healthy to eat:** Eating candy or sugary snacks will give you a boost for a short period, but then your metabolism will drop. Foods with protein and some complex carbohydrates are the best. Such as a couple slices of apple with some peanut butter.
- 5. Drink some water:** Even if you are slightly dehydrated, it may be the reason you are feeling tired. A cold drink of water may make a world of difference in how you feel.