

Easing Commuter Stress

(NAPSA)—There are a number of ways daily commuters can put the brakes on stress.

Still, a recent survey found that 51 percent of Americans living in major markets find their commute stressful. Of those people, 62 percent experience feelings of frustration, 37 percent suffer from headaches and 28 percent experience back pain.

“Not every commute is going to be a fast ride,” said Dr. Martha Beck, a best-selling author and columnist for *O, The Oprah Magazine*. “Accepting that fact from the word ‘go’ is probably the most important thing we can do to keep our commuter-stress levels low. Then we can use all kinds of strategies to get even more relaxed.”

To help, Dr. Beck offers these tips as part of the Dodge “Avenge Your Commute” campaign:

Comfortable Ride—You can ease stress-induced neck, head and back pain by:

- Pressing your head back against the headrest until your neck muscles are tight. Hold for a count of three and then relax. Repeat 10 times.

- Pushing your shoulders down and back, so that your shoulder blades push against the seat. Hold and release 10 times.

Jam in Traffic—Your favorite tune or radio station can do wonders towards easing stress. You can use technology such as the Dodge Avenger’s available SIRIUS Satellite Radio to listen commercial-free to your favorite songs. Equally important, the radio is



The chilled-beverage storage bin keeps cold drinks on hand to ease the stress of a long commute.

available with a MyGIG™ multimedia system with navigation that can provide alternate routes based on real-time traffic patterns.

Hydration is Key—Dehydration causes irritability and fatigue, so sip a chilled beverage before you’re feeling parched. With the Dodge Avenger’s Chill Zone™ beverage storage bin, you can stock up on bottled water, sports drinks and other beverages to keep you well hydrated. Then, keep it cold—or hot—in the vehicle’s heated/cooled front cup holder.

Take a Breath—Blast cool air into your face from the air conditioner or roll down the window and breathe in fresh air. Hold your breath for a count of three and let out an audible sigh.

Stay the Course—Remember that changing lanes frequently usually only shaves a few seconds off your drive—but it could increase your chances of colliding with another car.

For more information, visit www.DodgeAvengeYourCommute.com.