
Top 4 Productive Things To Do Whilst Stuck In A Traffic Jam

Commuters know the struggle of being stuck in traffic. In fact, most cities around the world are dealing with congestion. These traffic jams not only affect economic growth and development, but the lack of traffic control also disrupts various aspects of an individual's life. More than the usual inconvenience, these unwanted occurrences make the lives of commuters miserable. Not only are these people swept into the hustle and bustle, but these individuals are also made to suffer. From missing out on special events, from lacking special personal time to a decline in the overall quality of life, it cannot be denied that daily road congestion influences how people lead their daily lives. Because of this, trying to work on more entertaining yet productive things can help take your mind off these road problems. Whilst you certainly prefer the ease and accessibility of effective transportation and road planning, doing some of these alternatives can do wonders on your trip:

Reading a Book

Whatever country or city you are in, rainy days and holidays can only mean an increased number of vehicles on major thoroughfares. With numerous working professionals, students and other people on their way to their destination tend to get caught on the road. What better way to spend such days than by reading books? According to Olivia Ovenden from Esquire, some of the best fictional novels in 2018 include *Neon in America is Not the Heart* by Elain Castillo, *Upstate* by James Wood and *Dead Men's Trousers* by Irvine Welsh. Who knows, reading these might just take you to another world.

Catching Up on Phone Calls

Sitting idly in these terrible scenarios can be a useful time to catch up with some friends and family. Since you have some time on the road, talking with them can help you relieve some of the stress you're feeling. Whilst a call may seem out of the blue, your loved ones, especially your parents, will surely appreciate a quick chat over the phone.

Eating a Meal

Being in traffic for a long time can make you prone to hunger pangs, especially during early mornings or late night commutes. In fact, these can leave you even more drained and exhausted than ever before. If you find yourself being regularly stuck on the road, why not prepare a meal beforehand? This way, you can grab a bite or two whilst you are in a standstill.

Working Remotely

Those who are running late for their meetings know the struggle of finishing up their work just before a big presentation. To save you the stress of having to arrange and go over your presentation once you are in the office, take the time to open up your laptop whilst sitting on the bus or whilst in your cab. Doing this helps you be productive, allowing you to catch a breath when you arrive at the office. Rather than being impatient and getting crazy with all the honking

of horns on the road, trying out one of these activities might work in your favour. These things might just cheer you up on a particularly gloomy day.

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