



Pace Releases Guide for Taking Back Your Commute

Transit Agency Shares 25 Tips for Turning “Free Time” on the Bus into “Me Time”



When you travel suburban Chicago with Pace, you trust us to get you from Point A to Point B. What you do in between is totally up to you, but in the interest of helping you use that time to its full potential, we’ve put together a carefully curated list of 25 ways to turn your “free time” on board into “me time.” Whether you choose to spend your commute being productive or freeing your mind, Pace takes you there.

Learn something new

Always wishing you had a few extra minutes in the day to broaden your mind or tackle a new skill? Riding the bus gives you those extra minutes – and more. Use them (and the onboard Wi-Fi!) wisely.

1. **Learn a language.** There’s still time to make progress on the New Year’s resolution you set to learn a new language. Spend time during your commute getting some German under your belt or brushing up on your Spanish with a language learning app.
2. **Pursue your education.** Your commute can act as a safe study place with the help of some earphones and online resources. Turn your quiet commute into the perfect place to be productive and get schoolwork done.
3. **Master a new skill.** There’s a sense of accomplishment that comes from nailing a new skill you’ve always wanted to pick up. Use the time you spend on the bus to start working toward a new hobby.
4. **Learn something new about Pace.** Sure, this one is a promotional plug, but we think you might find that there are [Pace services and routes](#) that are unfamiliar to you. Or you might want to learn more about our [Driving Innovation strategic plan](#) that will guide our initiatives for years to come. If you’d rather get regular updates, we suggest subscribing to alerts about your route or following Pace on [Facebook](#) and [Twitter](#).



5. **Watch an informative video.** Sixty-five percent of the general population are visual learners, and video websites like YouTube and TED.com make learning that much more engaging. Start your day learning about a new topic or an area already aligned with your interests.

Practice productivity

Tackle those to-do's you've been putting off or plan ahead. Whatever you choose, your future self will thank you.

6. **Set personal goals.** A great way to better yourself and feel more confident in your life choices is to set personal goals. With work and commitments piling up, it can often seem like there isn't enough time in the day to do so. Why not use your time commuting to your job to work on yourself?
7. **Get your finances in order.** Budgeting money and paying bills are probably not your favorite tasks but odds are they're on your to-do list. As electronic payments have become more popular, it's easy to get ahead of the bills while you're on the bus. You're already saving money by taking the bus instead of driving; tackling these financial tasks may just mean you have even more to spend on fun activities later.
8. **Organize your schedule, or your life.** Your commute can act as the perfect time to get your day, week, or month in order. Writing things down in a planner, delegating responsibilities and decluttering regularly are all good ways to manage your life better.
9. **Make some room in your email inbox.** More than a thousand unread emails? Thirty unread texts? No judgement, we've all been there. Clearing your inbox and responding to messages are other productive tasks you can accomplish while riding the bus.
10. **Prep for your meal prep.** The dreaded question: "What's for dinner?" If only you had time to plan meals so you wouldn't have to scramble each night to pull something together. Well, taking the bus gives you time to do just that. Plan some dinner dishes or look into some convenient local Chicago delivery food services during your commute.

Slow down your mind

Nothing prepares you for a busy day, or helps you unwind after one, like taking some time to calm your mind. Here are some ways to achieve Zen onboard the bus.

11. **Meditate.** Grab some headphones (preferably the noise-canceling kind) and spend your commute slowing down your mind by meditating. Consider following a YouTube video if you're new to the practice.
12. **Listen to relaxing music.** Music can be a great stress reliever. Ease your mind and reduce stress by listening to some calming music on the way to or from work.
13. **Embrace the view.** Chicago is known as the Windy City, but did you know that it was also voted the second most beautiful city in the world? We can confirm that beauty extends to the suburbs, so you have no excuse but to look out the window and witness all the beauty that Chicagoland has to offer.
14. **Get some (breathing) exercise.** Try out breathing exercises to mellow out on your commute. Simply taking slow, deep breaths can have a major positive impact on your mind and your mood.
15. **Journal.** Spending some time on your daily commute reflecting upon your day in the form of journaling can have positive effects on your mental health.



Make time for fun

Kick back and enjoy yourself – you deserve it.

16. **Read.** It may seem like an obvious suggestion, but reading is a perfect way to pass the time on the bus. Luckily there are ample recommendations you can find online, especially with the growing number of apps that make reading on the bus even easier.
17. **Take on trivia.** Test your brain in your free time to stay sharp with one of the latest trivia apps. If you're not a fan of solo play, consider competing with a friend on a trivia app that allows you to challenge others.
18. **Jam out.** Having trouble finding the right tunes? Don't waste your whole commute searching for a playlist that strikes the right tone. Instead, stream our carefully curated ["Traffic Jams" Spotify playlist](#). You don't have to be traveling on a Bus-on-Shoulder Express route to rock out to these tracks (though it helps).
19. **Game on.** One of the best ways to mindlessly pass the time is to play a game. Perhaps it's time you finally cleaned up your Island on Animal Crossing, or maybe your commute will take you to some new locations where you can catch Pokémon on Pokémon Go. Whatever game you prefer, consider your commute a guilt-free opportunity to indulge.
20. **Get creative.** Inspiration comes from all places. Riding on the bus is certainly one venue that can boost creativity, so use your time on board for creative writing or drawing.

Laugh a little

They say laughter is the world's best medicine, so get your daily dose during your commute.

21. **Hit play on a podcast.** Podcasts are credited for becoming so popular because of how convenient and accessible they are, and there's some amazing audio content out there – especially if you're looking for a laugh. Peruse Spotify, Apple Music, or wherever you prefer to listen to podcasts for a comedic episode.
22. **Be entertained.** Struggling to find time to binge that new show or watch this year's Oscar-nominated movies? With onboard Wi-Fi and the right subscriptions in place, the bus is a great place to watch movies and television shows.
23. **Find a funny read.** Put a smile on your face with the comic of the day or go with a longer read to keep you entertained throughout the duration of your ride.
24. **Chat with a friend.** Sometimes, a simple chat with a friend or loved one is all you need to have a good laugh. Take the time you spend commuting to catch up with a friend on the phone or via text. Even though you won't physically be with that person, laughter brings people together.
25. **Follow your favorite comedians.** Not literally, of course, but on social media. We can't endorse any particular brand of humor, but if you're looking for some funny follows, we recommend checking trending posts on your favorite social media platform and going from there.

Where else can Pace take you?

Now that you're a master of maximizing free time on the bus, you might be wondering about the other ways commuting with Pace is a win. Click the link below to learn more about the perks to commuting with Pace.

[Take Me There](#)