

The Commuting & Wellbeing Study: Main Messages

Every Minute Counts

- **Every extra minute of commute time** reduces job satisfaction, reduces leisure time satisfaction, increases strain and reduces mental health

The Benefits of Active Commuting

- **Walking to work** reduces strain and increases leisure time satisfaction
- **Cycling to work** increases leisure time satisfaction and is associated with better self-reported health

Insights for Public Transport

- **Bus commuters** feel the negative impacts of longer commute journeys more strongly than users of other transport modes
- **Shorter duration commutes by rail** are more strenuous than longer duration commutes

Women's Work-Life Balance

- **Women's job satisfaction** is particularly sensitive to longer commute times
- Women suffer more than men from lack of leisure time but an **active commute** (walking, cycling) is found to help with this.

Job Satisfaction and Employee Retention

- **Working from home, walking to work and shorter commute times** increase job satisfaction and shorter commute times make it more likely that an employee will stay with their job – these are ways to increase employee retention and hence reduce costs to businesses.

For further details see Summary Report on:

<https://travelbehaviour.com/outputs-commuting-wellbeing/>