

Pump the Brakes on Road Rage

When You Drive, Do You Keep a Cool Head? You Should.

Nearly all car accidents (94%) are caused by human error, according to the National Highway Traffic Safety Administration. And road rage only makes things worse! If road rage takes over your daily commute, you may be making things less safe for others and yourself. There are a few things you can do to help you stay calm behind the wheel.



1

It's better to get there safely than get even.

Safety is your number one concern.

2

If you get angry, focus on your breathing. Pay attention to each breath as it goes in and out.

3

Don't take it personally. When others drive poorly or aggressively, it's really not about you.

4

Remember that it isn't your job to punish others for poor driving (unless you're a police officer).

5

Don't let a stranger in another car dictate your mood and determine the quality of your day.

6

If you feel out of control, find a safe place to pull over, stop and unwind.

