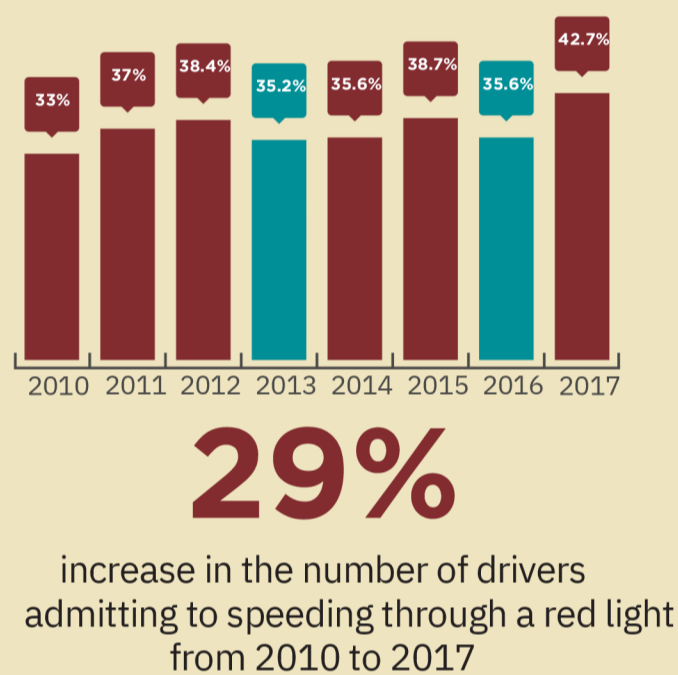
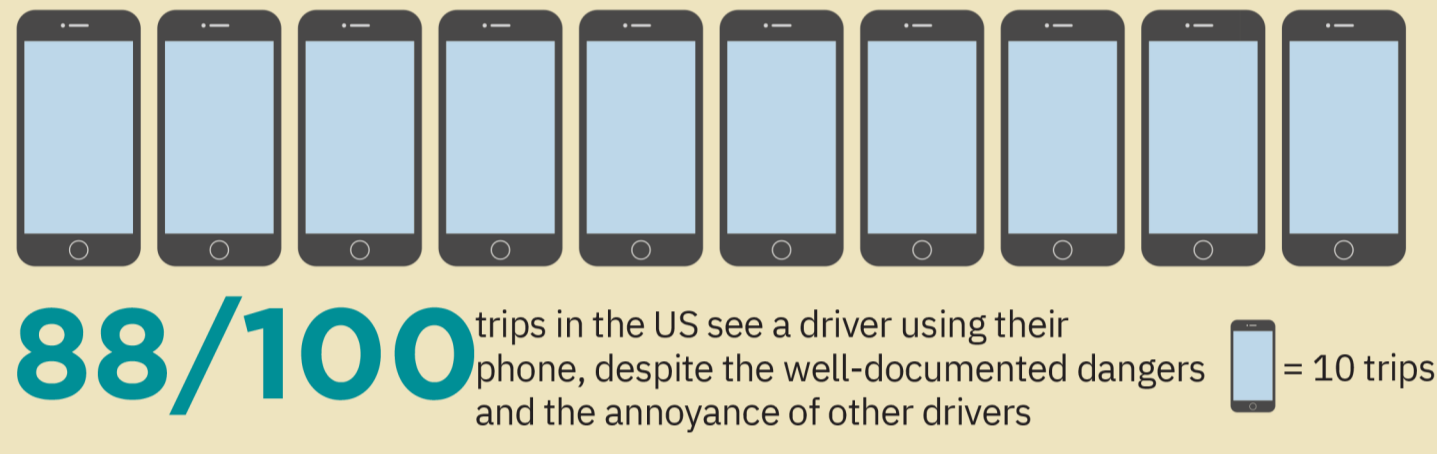
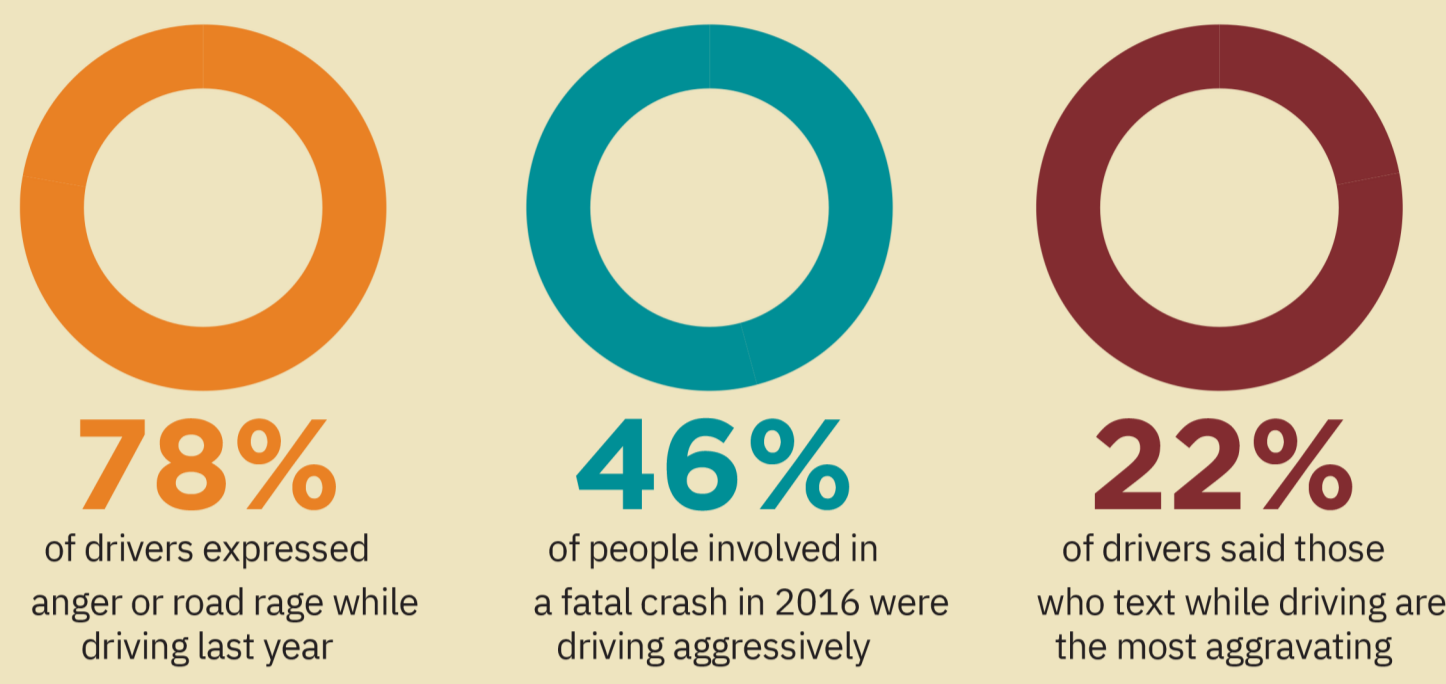


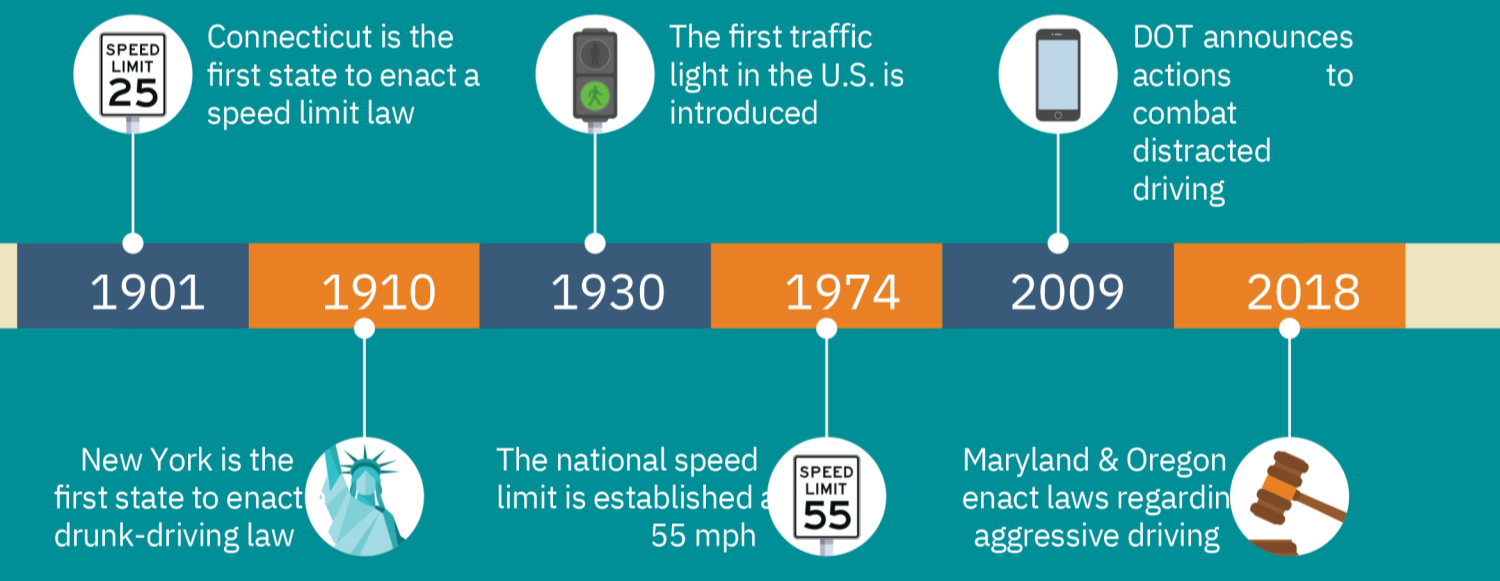
# FREEWAY FRUSTRATIONS: HOW TO COPE WITH ROAD RAGE



Road rage. It's a familiar fear for anyone who's driven a car, and it's led to injuries and deaths. It's not always dramatic or violent, but it's often intense. Here are some basics on how to identify and deal with aggressive driving.



## THE EVOLUTION OF U.S. DRIVING LAWS



## COPING WITH ROAD RAGE

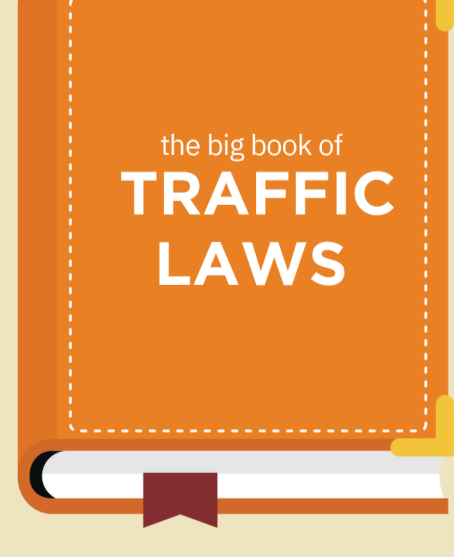


### Identifying and Handling Aggressive Drivers

- Yelling, honking, gesturing, intentionally tailgating, or chasing other drivers are signs of aggressive driving.
- Stay calm. Let the aggressive driver pass. Put distance between your vehicle and theirs.
- If the aggressive driver is threatening or is likely to cause an accident, pull over and call the police.

### Manage Your Own Emotions

- Listen to calm music or an interesting audio book or podcast.
- Breathe deeply and remind yourself that safety is more important.
- Seek professional help if you're having trouble reducing stress or anger



### Creating a More Peaceful Driving Experience

- Improve your own driving skills. Learn the local traffic laws so you avoid angering someone.
- Use your turn signals, don't block other drivers, and be considerate of others on the road.
- Maintain a positive mindset. If something angers you, let it go.

Sources:

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<https://www.iii.org/> | <http://aaafoundation.org> | <http://www.ncsl.org>



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