

Road Rage...

Don't see red

- Never assume that something has been done as an act of aggression, **we all make mistakes** and the driver who just pulled out on you could have simply misjudged your distance.
- **Slow down & relax.**
- **Reduce your driving stress** by allowing enough time for your journey and prepare by checking weather and traffic reports.
- **Detach yourself emotionally** from the situation; doing this means you are much less likely to experience road rage.
- **Realise & acknowledge** feelings of anger and frustration. Learn to control these in the best way for you.
- **Get sufficient rest**, lack of sleep leads to loss of control.
- **Play soothing music.**
- If you feel you are in the wrong, **acknowledge your mistake**. You'll be amazed at how a simple hand up in the rear view mirror can turn a very angry person calm in a matter of seconds.
- **Think** – is retaliating aggressively towards the person who cut you up worth risking your life? Seeing red means you are less aware of the risks around you and are much more likely to be involved in a serious incident.

Did you know?

Road rage has affected almost **half** of all drivers.

A recent survey has found Britain to be the leading country in the world for road rage, with **80.4%** having been victims at least once.

Most victims of road rage were found in the **South East** of the country (29%).

1 in 7 victims faced an aggressor who got out of the car and physically or verbally abused them.

