

# RESIST ROAD RAGE

As the roads get more congested this time of year, people's nerves tend to get more irritated. This builds frustration and eventually leads to outright anger. Once anger sets in, it's harder to turn off **the rage**. The result on the road can be deadly.

What can you do? Simple... As adults, we teach our kids to simply recognize their frustration and do something to relieve it before it gets out of hand. As adults, we simply need to do the same thing:

- **recognize** the fact that you're getting frustrated and angry
- take a moment to **relax** by counting to ten or taking a few deep breaths
- **think** about getting home or to work in one piece
- **get rid of the frustration!!!**
  - make a quick pit stop at a convenience store
  - listen to some music that's calming
  - picture something in your head that you like
  - **do anything that relieves the frustration for you** (*except acting out of rage!*)

Everybody gets frustrated when driving in today's traffic. Some just act more maturely than others. Ask yourself this one simple question: After having a simple encounter with someone displaying road rage, did you wake up the next day and even care? Your answer should be: **NO!**

If you happen to have a persistent encounter with someone who is obviously enraged, always treat the other driver as armed. Never get out of your vehicle or do anything else to provoke further rage. Use your cell phone to call 911 or

drive to a police or fire station to get help. In short: avoid, avoid, **AVOID!!!**

Be safe everyone,

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