

ROAD RAGE

FIVE WAYS TO KEEP YOUR COOL BEHIND THE WHEEL

1 Spot your stress before it spots you

Anger usually comes from triggers: traffic, delays, personal stress, fatigue, or a competitive mindset. Know what sets you off and adjust early: plan some buffer time, grab food, rest, and keep expectations realistic.

2 Use tactical breathing to shut down stress fast

Once frustration starts to rise, use tactical breathing: 4 sec inhale – 4 sec hold – 4 sec exhale – 4 sec pause. Repeat 3-5 times. This “4-4-4-4” rhythm signals the body to relax, clears the head, and slows impulsive reactions.

3 Reframe frustration in seconds

To put things into perspective, ask yourself: “Will this matter 5 minutes, 5 hours, and 5 days from now?” Most moments aren’t worth the stress. A quick mental reset keeps small irritations from ruining your day.

4 Collaborate, don’t compete

Traffic isn’t a contest. Yield when safe and expect mistakes. Courtesy reduces stress and keeps fuel use and braking smoother.

5 Step back from someone else’s rage

If another driver is acting aggressively, disengage. Increase space, change lanes, or exit. Avoid eye contact, gestures, or reacting. Distance keeps you safe and in control.

Stay calm. Stay professional. Stay safe.

