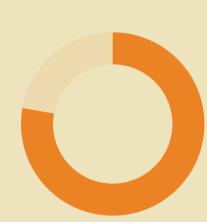
# FRUSTRATIONS:

**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.



of drivers expressed anger or road rage while driving last year



46% of people involved in a fatal crash in 2016 were driving aggressively



of drivers said those who text while driving are the most aggravating



88/100

phone, despite the well-documented dangers and the annoyance of other drivers

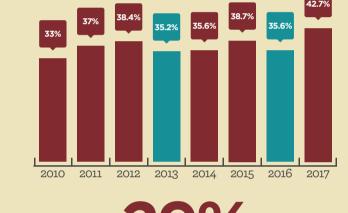




#### in the US have aggressive driving laws in place as of 2017, where drivers can receive

fines or penalties.

Connecticut is the

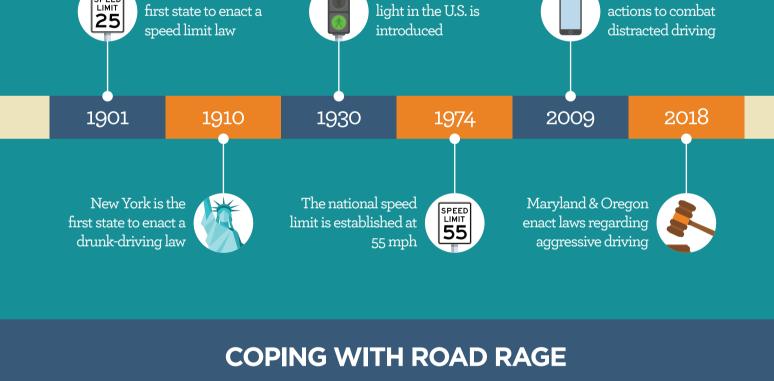


increase in the number of drivers admitting to speeding through a red light from 2010 to 2017

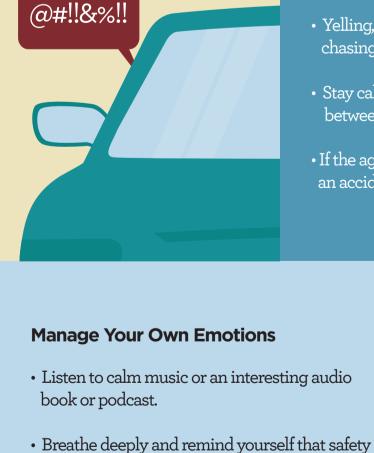
DOT announces

The first traffic

THE EVOLUTION OF U.S. DRIVING LAWS



## **Identifying and Handling Aggressive Drivers**



#### • Stay calm. Let the aggressive driver pass. Put distance between your vehicle and theirs.

• Yelling, honking, gesturing, intentionally tailgating, or chasing other drivers are signs of aggressive driving.

- If the aggressive driver is threatening or is likely to cause an accident, pull over and call the police.

### is more important.

reducing stress or anger

Seek professional help if you're having trouble



# the big book of • Use your turn signals, don't block other drivers, and be considerate of others on the road.

- Improve your own driving skills. Learn the local traffic laws so you avoid angering someone.
- Maintain a positive mindset. If something angers you,



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let it go.

