

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.



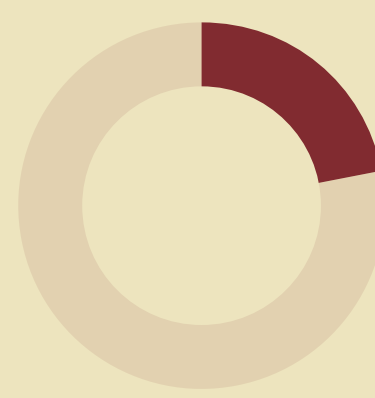
78%

of drivers expressed anger or road rage while driving last year



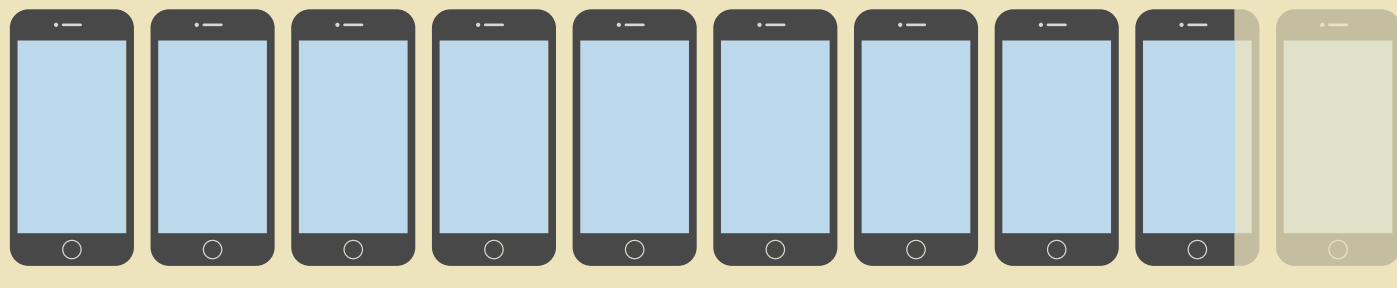
46%

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



22%

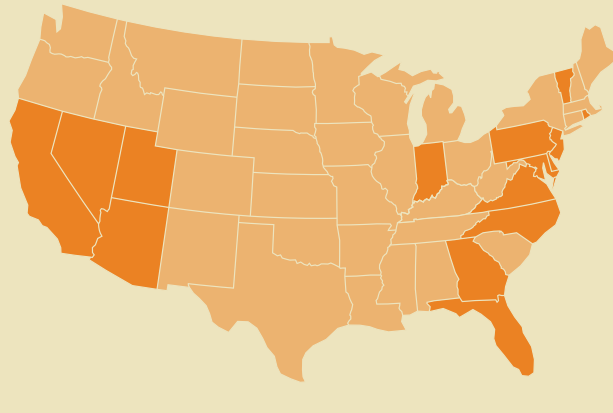
of drivers said those who text while driving are the most aggravating



88/100

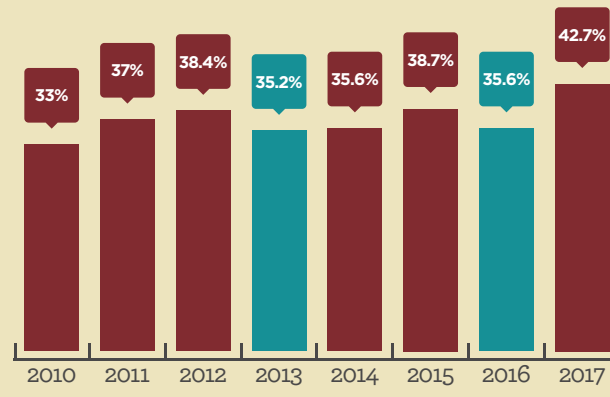
trips in the US see a driver using their phone, despite the well-documented dangers and the annoyance of other drivers

= 10 trips



15 states

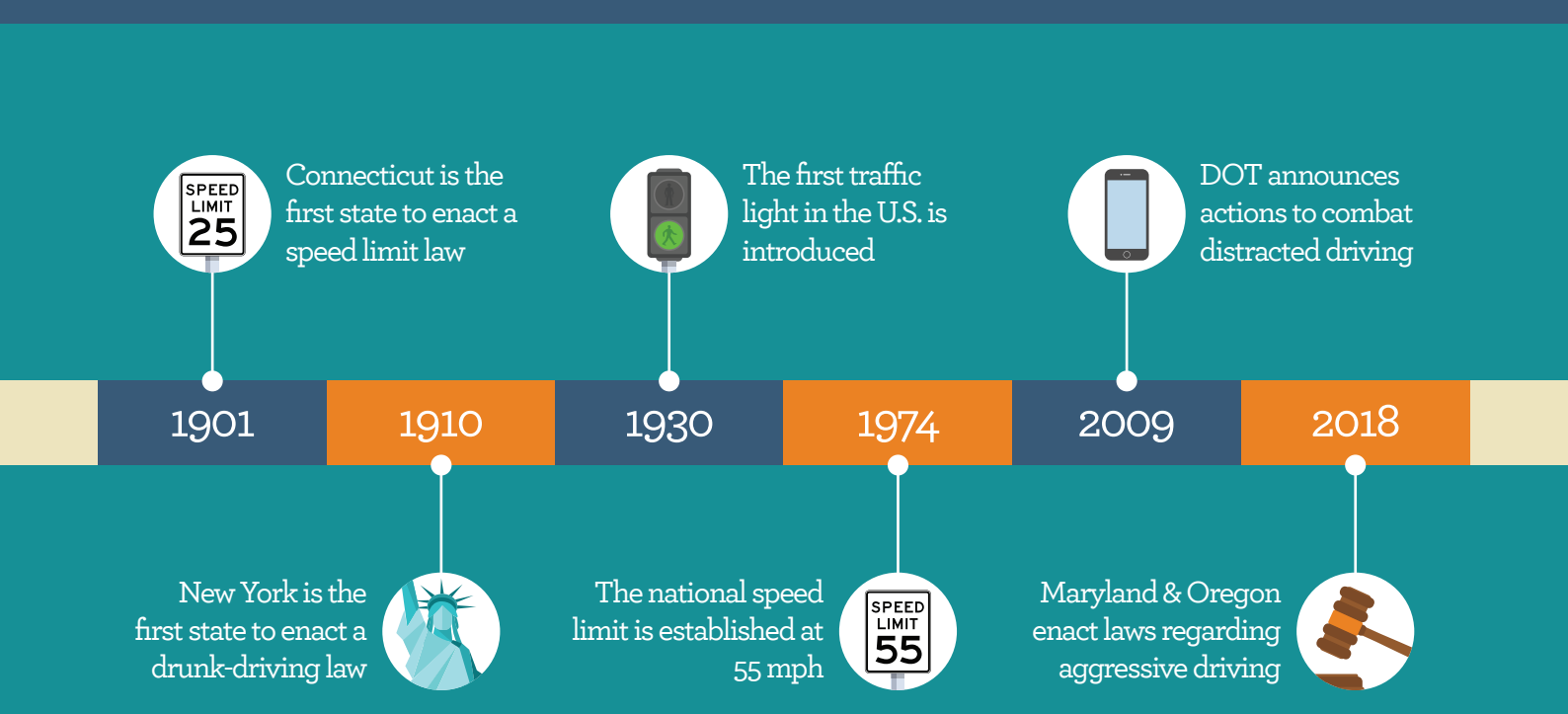
in the US have aggressive driving laws in place as of 2017, where drivers can receive fines or penalties.



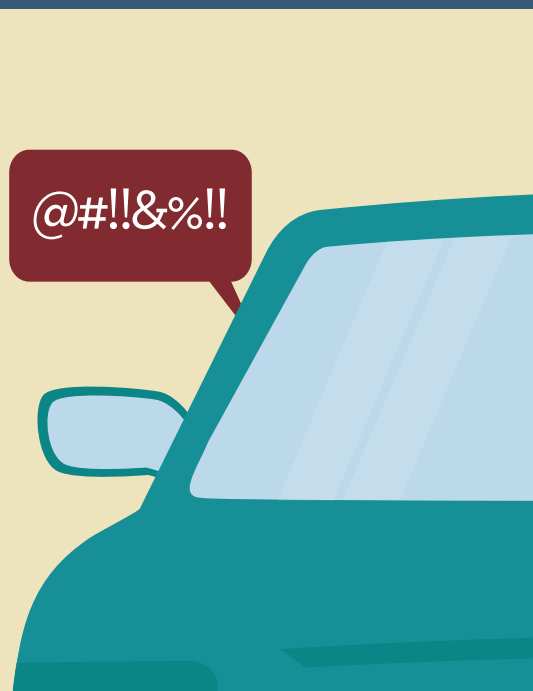
29%

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

THE EVOLUTION OF U.S. DRIVING LAWS



COPING WITH ROAD RAGE

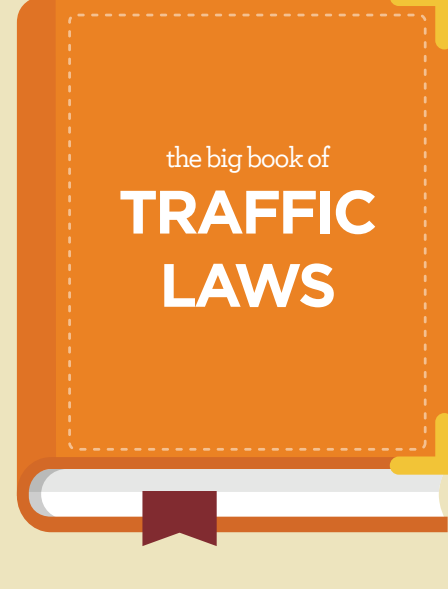


Identifying and Handling Aggressive Drivers

- 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:

<https://exchange.aaa.com> | <https://viewfinder.expedia.com> | <http://blog.zendrive.com>
<https://www.iii.org/> | <http://aaaafoundation.org> | <http://www.ncsl.org>



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