

Calming road rage

Often it's frightening. Sometimes it's deadly.

Road rage—where flaring tempers mix with two-ton machines—continues to be a problem on America's highways. Sometimes this problem leads to accidents, assaults, and even murder. It's a puzzling problem in part because it can happen at anytime and anywhere that roads and vehicles are involved. Yet specific statistics on how often it occurs are hard to come by.

The biggest triggers are drivers who are texting, tailgaters, left-lane hogs, slow drivers, and drivers multitasking, according to an Expedia report.

When you come across an aggressive driver, you don't want to engage him or her, said Scott Morofsky, author of the books *The Daily Breath: Transform Your Life One Breath at a Time* and *Wellativity: In-Powering Wellness Through Communication*.

Head off your own road rage or avoid the rage of others:

- **Don't turn that ignition.** If you are feeling stressed and anxious before you even start your trip, then take time to calm down now, not after you are on the highway. Take that deep breath you always heard would work. You might even try counting from 1 to 10, inhaling on 1, exhaling on 2, up to 10 and back to 1 again.
- **Stop right there.** If you are already driving, and you feel your anger is starting to impact your judgment, pull over for a few moments. Is any problem important enough to risk lives?
- **Don't react or retaliate.** You can't control those other drivers, but you can control how you react to them. If someone is tailgating you, flipped you off, or is just infuriating you with bad driving habits, ignore them.