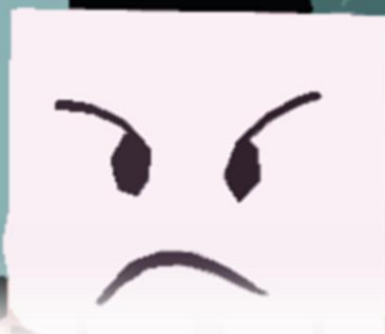




Road-rage

Are you a moody driver?

How to calm down while driving.



Road-rage situations

1 Changing lanes suddenly / Pushing through

Some drivers do not know the route might drive on the wrong lane. Changing lanes suddenly without giving a signal or pushing through other cars will make other drivers moody.

2 Honking the horn harshly

Using horns is a kind of safety signal. However, drivers should use a short horn sound. Do not hit the long horn sound. It should be used for warning other cars in front of and in the opposite direction.

3 Driving slowly on the right lane

Drivers driving slowly must drive on the left lane, but some drivers do not perform which can make other drivers angry. Faster cars may overtake and crosscut the slower car which can cause accidents.

4 Cutting off / Following too close other cars

On a road with traffic jam, some drivers often drive quite close to the front car as they do not want other cars to come in the line. On the other hand, drivers that cut off another car because they want to get into the line, can make other drivers be in a bad mood.



5 Moody driver

Some drivers leave home or the office with a tantrum. When driving, they will be irritated. If you find this type of driver on the road, you should avoid them. Driving on the same road with a moody driver can cause accidents or quarrels.



How to calm down

1 Deep breathing and calming down

Take a few deep breath, when you feel road-rage. Calm yourself in the moment. If you are unconscious, it can cause accidents and damage to your life and property.



2 Put yourself in someone else's shoes

Some road-rage situations are caused by the careless drivers or force majeure. Therefore, you should try to understand and not be moody in according to the situation.

3 Avoid quarrelling

If you are confronted with drivers with road rage and they do not stop harmful actions, you should avoid them to reduce the risk of accidents and quarrels.

