

# A Benefit For

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



## EAP Notes

### Steer Clear of Road Rage

A driver has just cut you off, and your temper flares. You lay on the horn, roll down your window, and shout a few choice words. Does this sound familiar? If so, you may be suffering from *Road Rage*. Over the past several years, our roadways have become more dangerous due to crowding, increased construction, high stress levels and drivers' acts of deliberate violence.

The following calming techniques may help the next time you begin to boil over while in the driver's seat.

**Thought stopping** is the first line of defense against road rage. It is the repetition of phrases like "time out", "calm down", or "let it go" in order to interrupt a negative line of thinking and turn it into a positive one.

**Think about it.** What really happened? Was the other driver acting malicious or was it unintentional. Often the other driver is totally unaware that he or she has done something to offend you. Think about more productive ways to use your energy.

**Take an anger break.** Everyone's heard of a pit stop or bathroom break, so why not an anger break? The next time you're on the road and become angry, just find a safe place to pull over. Take a deep breath, grab a soda and a snack, or just enjoy the calm feeling of being out of traffic.

**Seek help.** Road rage can cause serious injury or even death to you, your family or innocent victims. Your **Best Care EAP** can help you manage your emotions while at home, work or on the road. For a confidential appointment with a professional counselor, please call (402) 354-8000 or (800) 666-8606.

Sources: [www.fineliving.com](http://www.fineliving.com); [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

#### Tips to avoid being "raged at" while driving

- Avoid eye contact. It can escalate the dispute.
- If you need to use your horn, do it sparingly.
- Do not challenge "ragers" by speeding up or attempting to hold your own.
- If someone is following or chasing you, drive to a public place or the nearest police station.
- Ignore other drivers' angry gestures, and don't respond in kind.
- Report aggressive driving incidents to the police immediately. You may be able to prevent further occurrences by the same driver.
- **Above all, always wear your seat belt! Seat belt use saves 9,500 lives each year.**

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