

# STRESS BEHIND THE WHEEL

Driving is commonly taken for granted. Emotional control is a factor that determines attitude, behavior, as well as one's capacity to control a vehicle. That is why it's important to be alert and practice self-control in any situation that might place us on the verge of a rage-related traffic incident.



Drivers are routinely exposed to the negative effects of stress. These effects are manifested in two planes:

- **Physical:** How a driver's body physically reacts to long periods behind the wheel and the microclimate inside the passenger compartment.
- **Psychological:** Affecting those who allow negative emotions to influence the way they drive or who become irritated just imagining the traffic they will face.



Stressful situations often trigger an aggressive response that may include obscene gestures, verbal abuse, and even physical violence. This is why you must always be alert and control your emotions.



### **Walk away from situations that may lead to confrontation:**

- Obey traffic rules. Do not forget to signal your maneuvers.
- Apologize and accept apologies. Be tolerant with mistakes made by other roadway users.
- Do not use your cell phone while driving.
- Use your horn only as a warning. The other driver may consider this an insult.
- Avoid risky maneuvers.

Remember that being fatigued, tired, and in a hurry may affect the way you drive. Therefore, ask someone else to drive if you are not feeling well.





# SAFE DRIVING SAVES LIVES



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