



How to Avoid Road Rage

Road rage can turn an ordinary drive into a dangerous situation in seconds. Aggressive driving and emotional reactions behind the wheel put everyone at risk, including the driver, passengers and others sharing the road.

Here are tips for staying calm behind the wheel:



Leave early: Give yourself extra time to reach your destination so you're not stressed or rushed.



Avoid reacting: Don't engage with aggressive drivers. Ignore honking and rude gestures.



Breathe and reset: If you feel anger building, take slow breaths, loosen your grip on the wheel and refocus on the road.



Listen to something relaxing: Music, audiobooks or podcasts can help you stay calm and occupy your mind.



Pull over if needed: If frustration becomes overwhelming, safely exit the roadway, park and take a short break.



Remember that other drivers make mistakes. Try not to assume ill intent when another driver cuts you off or brakes erratically.

Remember What's at Stake

Road rage contributes to thousands of crashes and injuries each year.

Aggressive driving can lead to legal consequences such as citations, fines or license suspension.

If you are the target of an angry driver, call 911 and drive to a public location or the nearest police station. Get the other driver's license plate number if it's safe.

Learn More

Staying calm behind the wheel can help keep your auto insurance premiums steady. Rates typically increase after an at-fault accident, so think twice before engaging with an enraged driver.

Contact your insurance broker to review your current auto policy and confirm that you have appropriate coverage before your next drive.

