HOW TO MANAGE YOUR OWN ANGER

Mindfulness encourages you to think about your actions and emotions in the present moment – being open and non-judgmental. It involves accepting the situation, not reacting with negative emotions, and shifting to more positive thinking.

It also helps to encourage empathy and the idea of ‘sharing the road’, reducing the disconnection some drivers experience between themselves and other road users.

The best way to reduce aggression, is to reduce anger through interventions that promote less hostile thought processes such as mindfulness.

Educating yourself on how to avoid being not only the target of road rage but also how to manage your own anger and aggression

Before you get angry at another road user, remember:

- Other drivers may not be malicious
- Speeding won’t get you there faster
- It is up to you if you let anger win

Some strategies to avoid anger are

- Avoid blame and punishment
- Resist the idea to get even and be forgiving
- Learn to let go of the stress and struggle
- Breathe and internally speak to yourself calmly
- Focus your attention on safe and calm driving
- Say thank you – courtesy encourages cooperation on the road
- Gesture an apology if you make a mistake, it leads to a defuse of anger

Mindfulness is about re-centreing yourself when you feel like you are losing control, wanting to be aggressive out of anger. Learn to breathe, look around and enjoy the journey.

Australian drivers practice mindfulness meditation

- More than 2 in 5 (43%) say they would change route/travel time to avoid a road rage incident
- 1 in 5 (20%) have already done so before
- (24-55 year olds are most likely to change their route)

TIPS AND STRATEGIES