

Title:

Five Tips For Avoiding Road Rage

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Summary:

Road Rage is a term that, unfortunately, we have become more and more aware of as the media co

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hypnosis, self-hypnosis, stress, anxiety, anger, road rage, relaxation

Article Body:

Road Rage is a term that, unfortunately, we have become more and more aware of as the media co

I am guilty of having committed some pretty severe ^road rage~ infractions in my day. I was pu

This more mild type of road rage is very prevalent, and very harmful. Besides the obvious safe

Some people have reported having nightmares, experiencing excessive irritability after driving

The good news is that road rage doesn't have to happen. There are ways to calm down and relax

1) Breathing Techniques: I take a deep breath, hold it for a count of five, and release. Doing

2) Avoiding the aggravating situations: For me, traffic is aggravating, but it is more aggrava

3) Posting Affirmations: I post affirmations in my car (one on my dashboard, and one on the wh

4) Preparing for the critical time: I have two stress balls in my glove compartment, a CD with

5) Changing the mindset: I have seen a hypnotherapist, and I continue to practice self-hypnosi

These five tips can take the edge off of your driving experience. The important thing to remem

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