

DEFENSIVE DRIVING (Handout 5)

WHAT IS DEFENSIVE DRIVING?

Defensive drivers are able to avoid dangers on the road by using their safe driving practices.

What is defensive driving? It is a set of driving skills that allows you to defend yourself against possible collisions caused by bad drivers, drunk drivers, and poor weather. If you look ahead and keep your eyes moving, you will spot potential hazards more easily. Once you have identified a potential hazard and decided what to do, act immediately

Tips for defensive driving:

1. Plan ahead for the unexpected.
2. Be able to control speed
3. Be Prepared to react to other drivers
4. Do not expect the other driver to do what you think he or she should do
5. Respect other users of the roadway.
6. Be aware of driving in special road and weather conditions
7. Be alert and avoid distractions, e.g., cell phone use, eating.

OVERCOMING ROAD ANXIETY

Driving Anxiety Tips

Here are some tips to help you get back on the road feeling safe and comfortable and confident. If you are currently not driving due to fear, I highly recommend that you seek help as many have been able to resume driving with the help of a good Therapist or Hypnotherapist.

- **The basics:** Avoid driving on an empty stomach. Pay attention to how you feel after eating certain foods, especially those high in sugar or simple carbs (bread, pastries, soft drinks). Drinking alcohol the night before can also trigger blood sugar imbalances. Also, if you are driving while sleep deprived, you are asking for trouble. Start by taking care of yourself.
- **Caffeine:** is a known trigger for anxiety. Some of my clients have felt a marked relief in anxiety just by cutting back on caffeinated beverages.
- **Consider car pooling:** If you are engaged in conversation you are less liable to think anxious thoughts. You also have to drive half as much. Think this one over carefully, as some people are more distracted while conversing while driving.
- **Manage your stress:** A common cause for anxiety is extended periods of overwhelming stress. Do what you can to lower your stress level: exercise, take more breaks, meditation, yoga, etc.
- **Affirmations:** Hand write, in script, some positive affirmation about your ability to drive calm, comfortable and relaxed. For example "I'm calm, comfortable and relaxed while driving and

enjoying listening to music (the radio, audio books, etc.)" Read them right before you go to bed and right after you wake up. Say them out loud and imagine yourself driving while feeling calm and relaxed. Don't underestimate the power of this simple exercise.

- **What really stops most people is the anticipatory anxiety:** "Oh my God, I need to drive tomorrow out to the west side. I just know this is going to cause me a lot of anxiety. I'm already feeling it!" Instead, try saying something like "Yeah, if I feel anxious I know I can handle it."

The most important thing to realize is that even though anxiety does not feel good, it will not kill you. It is your reaction to the feeling of anxiety that can make it manageable or not. Instead of fighting anxiety, just allow it to be. Notice it, and see if you can observe it with detachment. Take deep breaths and try to remain in the present moment. Realize you have a tendency to create anxiety with your thoughts so try focusing on something else, like the environment, music, or the cars in front of you.

AUTO – MAINTENANCE TIPS

Top 15 Maintenance Tips That You Must Follow For Your Car To Last Longer	
1. Check your Air Filter	8. Ensure the Working of the Cooling System
2. Inspect Fluids and Tire Pressure Regularly	9. Check your Brakes
3. Check your Battery	10. Keep it Covered
4. Change your Spark Plugs	11. Drive Better
5. Get your Tires Rotated and Balanced	12. Exterior Engine Cleaning
6. Clean your Windshields and Replace the Wipers	13. Carry the Automotive Tools at all Times
7. Inspect and Replace Serpentine Belts	14. Protect your Headlights
	15. Protect the Interior of your Car

TIPS FOR OVERTAKING

7 Tips to overtaking

Overtaking is extremely important stage of driving. It is complex and depends on many conditions: vehicle acceleration, power, road conditions, visibility, and of course the driver. These are some basic tips that you should know when overtaking.

1. Always use the mirrors
2. Avoid overtaking when visibility is poor
3. Do not overtake if the road marking does not allow
4. Evaluate the speed and acceleration
5. Do not retract at right if you do not see the car which you overtaking in the window for rear view
6. Mandatory use of a turn signal
7. Do not overtake in tight corners or those without visibility