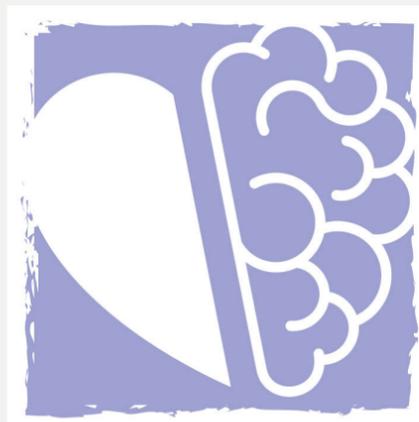


DRIVING WHILE STRESSED OR UPSET INCREASES CRASH RISK

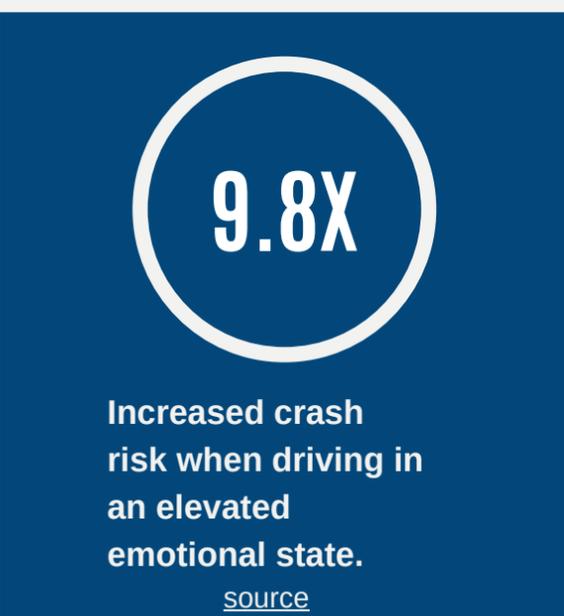
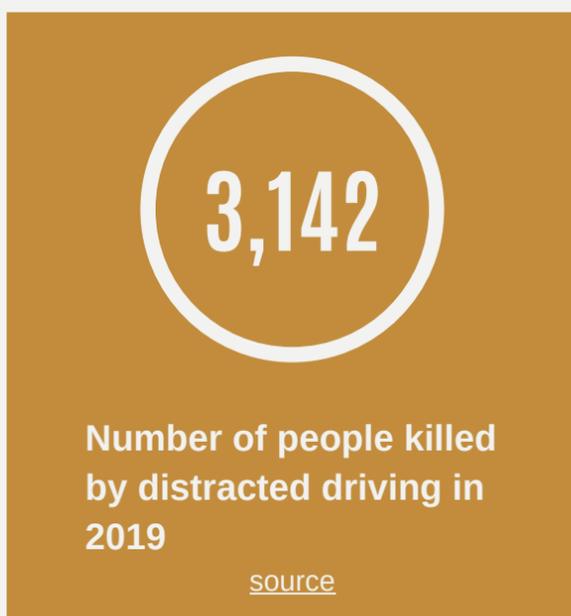


Stressed Driving is Distracted Driving



Distracted Driving is about so much more than phones

While phone-based distractions do make up a huge percentage of what puts you at risk of crashing, your emotional state has a big impact as well.



Distracted and reckless driving is all about the choices you make every time you get behind the wheel. Make the decision to leave all distractions behind while driving. That means not driving if you are too upset, angry, or stressed to be safe.



PREVENTION FIRST 

For more information visit prevention.org/yprc