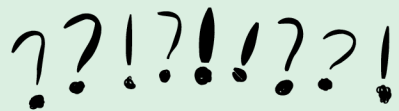


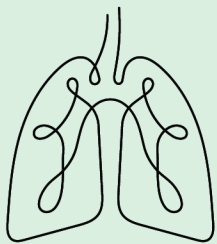
before driving, take a moment to check-in with yourself



am i **worried** about something?



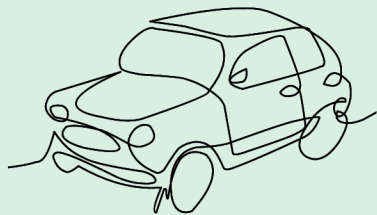
am i feeling **overwhelmed**?



am i **breathing** different?



am i **shaking** or trembling?



am i **not okay to drive**?



manage your emotions before you drive



recognize how you're **feeling**.



understand that **emotional regulation** is a very important part of driving.



relax your body to **relax your brain**.



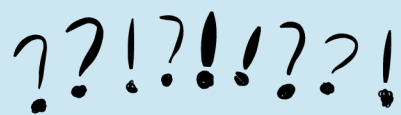
if you're already driving, slow down, pull over, and give yourself a minute to **reset**.



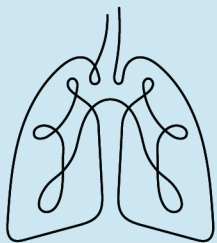
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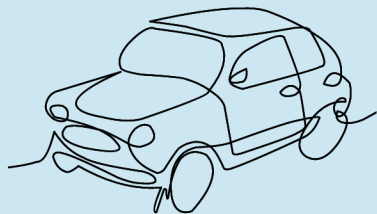
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