

How to Improve Your Flight or Fight Response When Driving

Description



[Image credit](#)

The chances are pretty high that you™re more than familiar with the Fight or Flight response; your adrenaline starts pumping, your pupils dilate, you think fast, you even become more agile, and for some, that™s when the anger hits. It™s not just when we see something scary that could endanger us; this actually happens far more than you might even expect. If you™re dealing with this, it can be hard to enjoy your [driving experience](#).

Yes, driving can sometimes trigger our body™s innate fight or flight response, especially in challenging or unexpected situations (and yes, driving is loaded with them). While this response is a natural mechanism designed to keep us safe, it can lead to anxiety and stress on the road. If you™re planning to [book drive test](#), then you especially need to make sure that you get this under control. You need to think clearly, think smart, and be safe if this hits.

It takes time to develop this, too. So, with that said, here are some effective strategies to help you improve your fight or flight response when driving, promoting a more relaxed and confident experience behind the wheel.

Start Off By Practicing Controlled Breathing Techniques

Chances are so high you™ve heard of breathing exercises so many times for relaxation. The advice gets old, but you need to keep in mind that this actually works! Yep, you read that right; it really does work! Controlled breathing is a powerful tool to calm the nervous system. When you feel stress

mounting while driving, take deep breaths in through your nose and exhale slowly through your mouth. Focus on your breath, allowing it to slow down, which can signal to your body that there is no imminent threat.

You Need to Plan and Prepare

One thing you have to keep in mind is that preparation is key to managing the fight or flight response. It's really going to help out if you're able to just plan your routes in advance, check weather and traffic conditions, and ensure your vehicle is in good working order. So, with that said, being well-prepared can reduce the uncertainty that often triggers stress on the road.

Understand It Happens Less Over Time

Alright, so when you first start driving, all of those little things could scare you to the point where you might need a break. Close call to having an accident? Yeah, something like that could truly cause the flight or fight response to come out. But over time, these things might happen more, and if they do, you can usually expect to become less scared. It's entirely natural.

Limit Distractions Wherever You Can

Something else you're really going to want to think about would be to [minimize distractions](#) that are within your control. But what exactly does this mean? Well, these can be things such as adjusting in-car settings before driving and silencing your phone. What exactly does this have to do with the flight or fight response, though? Well, a focused and uncluttered environment can help you better manage unexpected situations without overwhelming your fight-or-flight response.

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