



Soaring Through Setbacks...
Rise Above Adversity...Reclaim Your Life
**A book about dealing with grief, career changes
and other major transitions**



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<http://www.soarwithme.com/>

Could you be A Highway Time Bomb?

How To Manage Stress Before You Hit The Roads

FOR IMMEDIATE RELEASE

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Millions hit the highways during the summer with underlying stress just waiting to erupt as road rage. Chicago motivational speaker and life change expert, Cheryl Perlitz, offers rage /stress self assessment and tips to help motorists define and diffuse the stress that leads to aggressiveness on our highways at www.soarwithme.com/road-rage-survey.html

Research shows that 16 million people experience intermittent explosive disorder that emerges as aggressiveness on our highways, or Road Rage. This behavior becomes even more prevalent during the summer holidays when millions of travelers hit the roads.

Triggering road rage reactions are: tight schedules, construction delays, traffic jams, long commutes, inclement weather, screaming children, gas prices and the behavior of other drivers.

Reactions to stress on the highway take the form of speeding, running stop lights, tailgating, excessive weaving, yelling, using hand gestures and even using weapons or the car as a weapon.

Cheryl perlitz, author of Soaring Through Setbacks, and Chicago motivational speaker says “I believe that these explosions of rage are exacerbated by accumulated pressure that is born of the many stresses experienced in other parts of our lives. By looking at our own stress and adopting stress management tricks we can avoid participating in road rage ourselves. “

Pressure builds from conditions and situations at home and work: major losses, financial pressures, relationship issues, family problems, health issues, and lack of balance. You may identify pressures, and find tools to deal with stress at <http://www.soarwithme.com/road-rage-survey.html>.

Cheryl says, “If you create a stress free environment in your car, and prepare properly, you can diffuse the stress that leads to aggressiveness on the highway.”

Here are a few stress management techniques to help in dealing with road rage by creating a stress free environment:

- *Leave early and give yourself more than enough time.

- *Study your maps ahead of time, so you know the route

- *Get traffic reports ahead of time

- *Unclutter your car

- *Make yourself comfy in your car

- *Fill your car with gas before you need it

- *Make sure you have entertainment for your children

- *Have comfort foods with you

*Listen to soothing music and tapes..... Aggressive music begets aggressive behavior

*Find other means of transportation or have someone else drive if you are excessively stressed

*Use safe driving techniques

-- don't use your cell phone unless you have to

-- use your turn signal when changing lanes

--don't tailgate

--watch your speed limit

--do not use your high beams UNLESS there are no other cars around

*If you encounter an aggressive driver, remember that he probably has things going on in his life that are causing pressure.

-Give him space

-Feel sorry for him

-Hope he doesn't get hurt or hurt someone else

-Avoid retaliating with hand gestures

-Call 911 with license plate number and location if you feel it is a dangerous situation

-Don't roll down the window

-Take a few deep breaths

Cheryl Perlitz is the author of 3 inspiring books, a dynamic speaker and frequent radio and tv talk show guest. Her fun and motivational stories and survival tips help listeners and readers to transform their challenges into opportunities.

To take the free stress self assessment survey and learn how you can manage stress that may explode into road rage, contact Cheryl Perlitz: <http://www.SoarWithMe.com/road-rage-survey.html>

To learn more about Cheryl, get media testimonials, show ideas
http://www.soarwithme.com/media_center.html

To book an interview call: cell 847-609-8032

Cheryl is available for last minute interviews

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