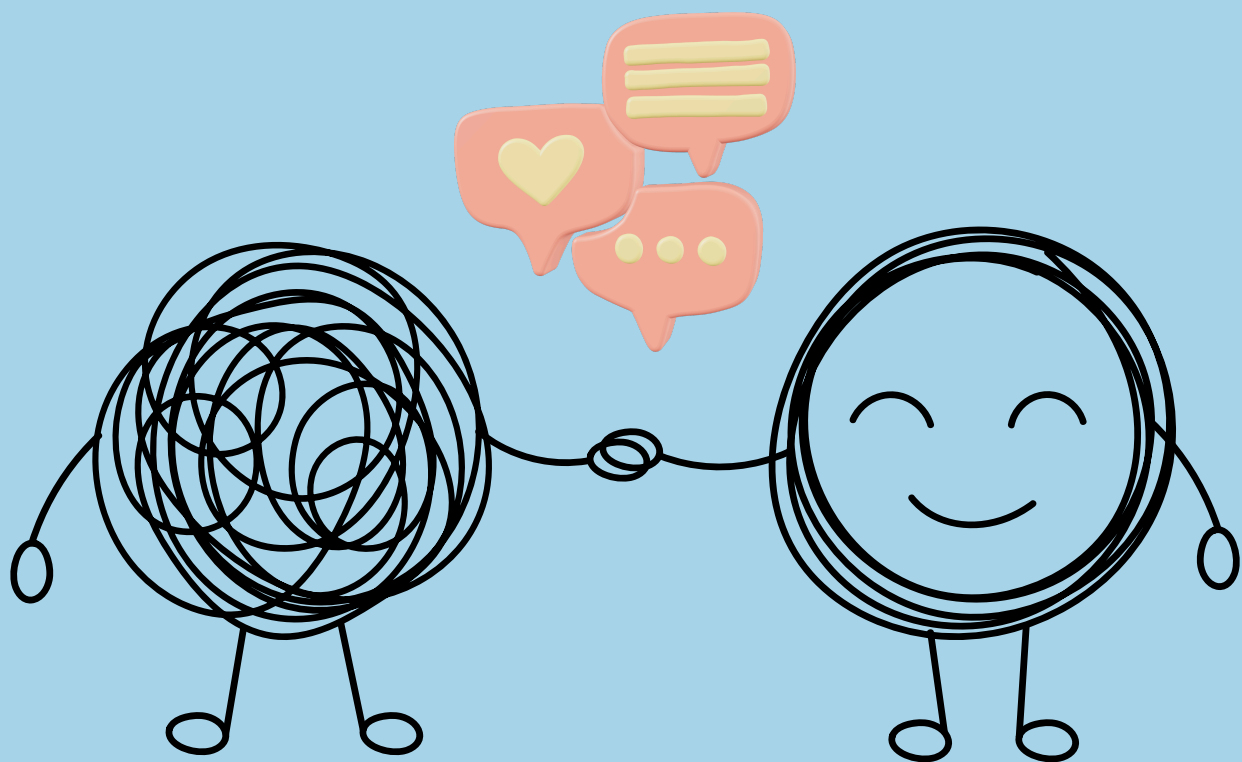


MANAGING ANXIETY ON THE ROAD

A PRACTICAL GUIDE FOR LEARNER
DRIVERS FROM DONATE 2 DRIVE



BEFORE YOU DRIVE CHECKLIST:

- TAKE 3 DEEP BREATHS BEFORE STARTING THE CAR
- PLAN YOUR ROUTE AND ALLOW EXTRA TIME
- KEEP CALM MUSIC OR SILENCE WHATEVER FEELS GROUNDING
- CHECK MIRRORS, SEAT, AND COMFORT BEFORE YOU MOVE
- REMIND YOURSELF THAT PROGRESS, NOT PERFECTION, IS THE GOAL



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RECOGNISING ANXIETY

It's normal to feel nervous when learning to drive, but if your anxiety feels overwhelming, you're not alone. Recognising these signs early can help you take

steps to manage them:

- Feeling tense or shaky while driving
- Racing heartbeat or shortness of breath
- Avoiding certain roads or driving conditions
 - Worrying long before lessons start
 - Panic when making small mistakes

BREATHING EXERCISE: BOX BREATHING

Box breathing helps calm your body and mind before or during driving. Follow these steps:

- Inhale slowly through your nose for 4 seconds.
 - Hold your breath for 4 seconds.
- Exhale gently through your mouth for 4 seconds.
- Hold again for 4 seconds. Repeat for 3–4 rounds.

GROUNDING EXERCISE: 5-4-3-2-1 METHOD

This exercise helps bring you back to the present moment when feeling anxious:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste