

# NSC A Habit Worth Breaking



Techniques to avoid the use of cell phones or texting while driving.

Positive side effects of not using a phone while driving:

- ✓ More likely to arrive safely at your destination
- ✓ Feeling more relaxed; some of our best ideas and solutions come when we are at ease
- ✓ Not letting your phone control you
- ✓ Being able to have a conversation with your passengers
- ✓ Avoiding crashes and their associated costs – doctor visits, auto repairs, court fees