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