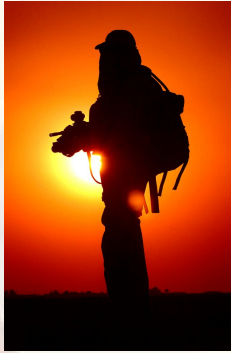


Post-deployment



Driving

When you return home, you may find your attitude towards risk has changed. In particular, there is strong evidence to support the hypothesis that the chance of having a road traffic accident is much higher in the immediate period after returning from deployment. Whilst this may be for many reasons, it is important to take great care when driving.

If you feel angry at the way other roads users are acting or feel the need to get to your destination quickly come what may, remember your actions may be less coordinated and less carefully considered than you might imagine.

Take deep breaths, slow down and remember how ill-timed it would be to have returned safely from deployment only to injure yourself (or worse) behind the wheel of a car.



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