

EMOTIONAL DISTRACTIONS



Emotions and driving

Anything that takes your attention away from the road and the task of driving dramatically increases your chance of a collision. What drivers often don't realize is that emotions can cause a distraction just as much as the more obvious physical and cognitive distractions like eating/drinking or using a device while driving.

Research shows emotions and a driver's mood affects driving performance. While you may expect negative emotions like anger or sadness are the contributor, researchers found strong positive emotions like excitement and happiness were equally as distracting and potentially dangerous.

Road rage or upsetting news may be obvious emotional distractions but drivers should be aware of the impact of all emotions on their ability to drive safely. You may be anxious and worrying or perhaps overjoyed by some recent good news. No matter what the emotion is, if it leaves you thinking less about driving, it's a distraction.

What to do

- The safest journey is the one not taken. Can you find an alternative method or travel another way? Could you video conference?
- Calm yourself before driving. Practice mindfulness techniques; go for a short walk; have a cup of tea. Don't drive with emotions high.
- Increase your distance. Emotional distractions reduce your reaction time so widen the gap between you and the vehicle in front.
- If you become emotionally distracted while driving, pull over when it is safe to do so. Take a breather and only continue once you are calm.
- Anxious about returning to driving? Ask for support. Training is available to refresh your knowledge before getting back behind the wheel.

Well-being & Support

Adversity and difficulty are part of a normal life, but becoming actively aware of how you are feeling before reaching for the wheel is very important not only for your well-being and safety, but for other drivers on the road. At ADT, we are proud to support the 'One Million Lives' Campaign by Jacobs. Help tackle the stigma around mental health by using their online global check-in tool, along with access to a range of free resources to help you, or someone you know, who might need support.

To take the check-in & for free resources visit: <https://www.oml.world/>

Jacobs  One Million Lives