



## Mental health for safer driving

When we are going to drive, not only must the vehicle be in good condition; the driver must also be well both physically and psychologically.

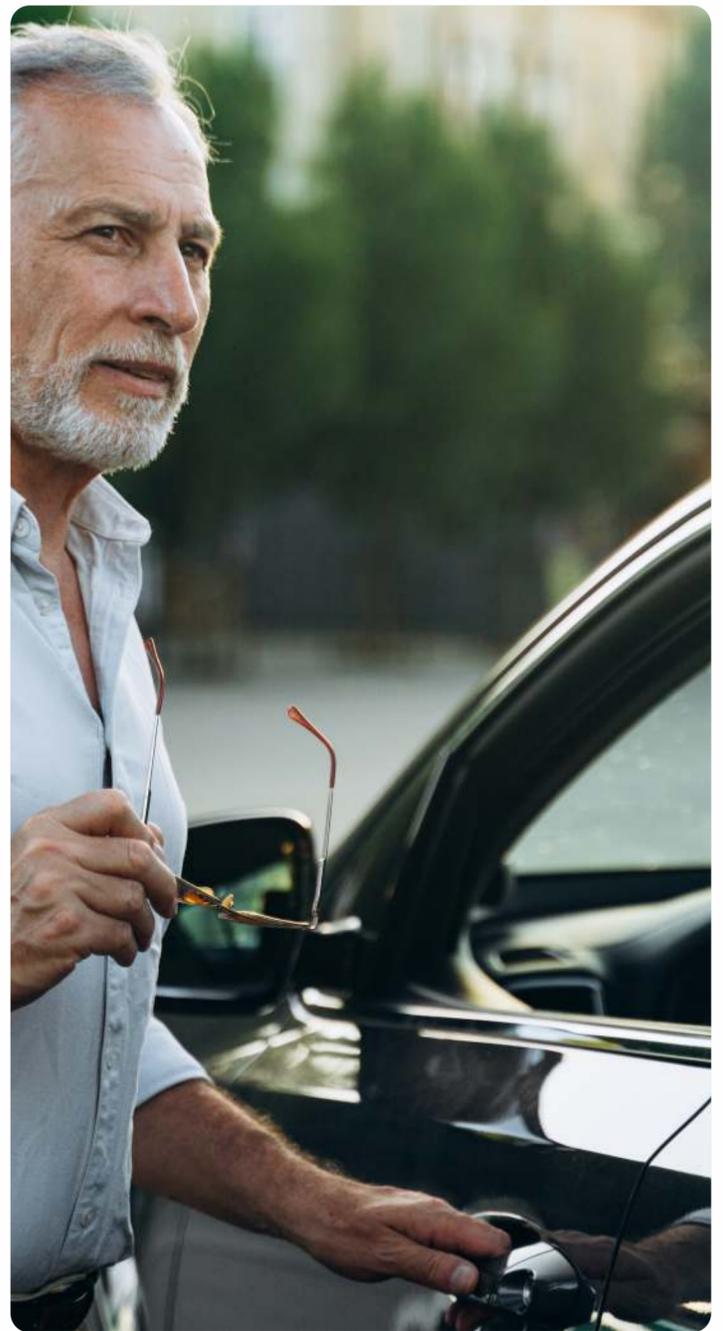
Today we are going to focus on the psychological aspect. There are everyday situations that may be detrimental to a driver's good performance, and therefore we must be careful.

These types of common situations may be the reason why we are more distracted, anxious, aggressive or sad, thus increasing the likelihood of us getting involved in some type of traffic event.

- **Divorces**
- **Moving house**
- **Debts or money problems**
- **Problems at work**
- **Family conflicts**
- **Diseases and death of loved ones**
- **Insomnia or sleeping <8 hours, may cause us to have a "less clear mind" to drive.**

We must be able to take notice of our emotions and manage them appropriately, so that they do not interfere with our attention and performance while we drive.

- Keep your **focus on the task of driving**.
- **Do not try to solve problems while you are driving.** The vehicle is not the proper place for it.
- In case you feel concerned, anxious, or irritated, **use deep, slow breathing to restore emotional balance.**
- **Do not drive if you are emotionally distressed**, to the extent that your only focus is the situation that is concerning you. This may cause you to make poor decisions and put you and other road users at risk.
- If you are going through a stressful period, give yourself **time to relax, take care of your emotions**, talk to someone to see a different point of view, seek solutions or support.
- **Sleep the hours required for a good rest** (in adults, approximately 6 to 8 hours).
- **Do not hesitate to see a professional** in case the situation you are going through is being difficult to cope with.



Having a clear mind and your emotions under control contributes to safe, responsible, peaceful driving.

We are counting on you to advance towards safe, quality mobility.