

IDENTIFY. COMMIT. CHANGE.



Are you guilty of ever driving distracted? I am.

I don't text while driving and rarely make a phone call but I do adjust the climate control, search for music, get lost in thought, yell at other drivers, and sometime even eat. As defined by NHTSA (National Highway Traffic Safety Association,) distracted driving is *any* activity that diverts attention from driving. So yes, I am guilty of distracted driving and I am making a commitment to change.

Let's face it, at times we all can get distracted. Some distractions are avoidable – especially the ones we create ourselves. Others are impossible to completely prevent and must be managed. Driving requires skill, focus and your full attention.

April is Distracted Driving Awareness Month. National Foundation for Teen Safe Driving has launched a month-long initiative in the fight to end distracted driving. So Let's Do This is challenging drivers of all ages to identify at least one risky driving habit (we all have at least one) commit to breaking that habit, and change your driving behaviors that will help ensure your safety, and the safety of others.

Most drivers believe they have good driving skills. Yet when we do something that diverts our attention away from being 100% focused on driving, we are distracted. This includes talking or texting on your phone, eating and drinking, having a conversation, fiddling with the stereo, putting on makeup, shaving, trying to retrieve something that fell in the car while driving, loud music, overcrowding...and the list goes on.

We may think we have the ability to read our email, talk on the phone and engage in social media chat all at once, but it is actually impossible. Science

has proven that the brain is incapable of performing more than one task at a time. Your brain is actually switching back and forth from one task to another - constantly starting and stopping each task repeatedly. This is known in psychology as "serial tasking," not multitasking. Multi-tasking is a myth

So this month take a moment to examine your driving habits, and make a commitment to settle into the driver's seat with only one thing on your mind – driving.

So Let's Do This.