

**PARTNERSHIP
PROGRAM**

**EMOTIONAL DISTRACTIONS
QUICK FACTS**

Background

New studies have shown driving while in an emotional state is far more likely to result in a crash than being tired or using a mobile phone.



Your mood can shift in a matter of seconds due to emotional stimulation that, on the surface, you may not see as affecting you at all. However, it's important to recognize situations that may have the potential to alter your mood—and therefore your driving.

Types of emotional driving distractions

Both **positive** and **negative** emotions can cause distractions to drivers on the road. It is important to take note of these distractions and find ways to prevent your emotions from becoming a hazard.



Negative emotional distractions

Some examples of negative events that may affect your mood and ability to focus on driving include:

- Getting into an argument with your significant other.
- A stressful day at work.
- Another driver on the road cuts you off.
- Receiving sad/distressing news.
- Running late to an important appointment.
- Favourite sports team losing a game.

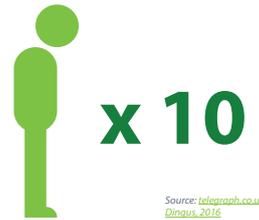
Positive emotional distractions

Similar to the effects of negative emotions, positive life events can also leave you just as distracted on the road.

A few examples of positive situations that could result in distracted driving include:

- Receiving a raise at work.
- Getting good/exciting news.
- Heading to or from a celebration.
- Winning a prize.
- Listening/singing along to a song you really like.

Statistics



Source: telegraph.co.uk
Dinaus, 2016

Getting behind the wheel while in an emotional state raises the risk of an accident by nearly **ten** times.



The risk of driving while in an elevated emotional state is **9.8** times higher than model driving.



Drivers engaging in distracting activities more than **50%** of the time while driving.

Source: Dinaus, 2016

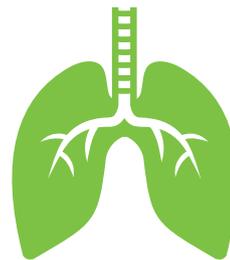
Source: dmvo.org

Source: dmvo.org

Strategies for handling emotion distractions



If you're not already driving, pull over!



Take deep breaths to calm yourself.



If possible, let someone else take the wheel or catch public transport

Source: dmvo.org