

## Mindful vs. Non-Mindful Drivers

Mindfulness can benefit us in many aspects of our lives. It is a win-win situation, on and off the road. Practicing mindfulness leads to better driving, and also better performance and relationships.

When applied to driving, being mindful can increase driver performance, and decrease emotional reactivity and negative attitudes. Hence, mindful drivers engage in safer driving practices compared to non-mindful drivers, along with more positive attitudes towards road situations, and reduced likelihood of intentional (e.g. violations) and unintentional (e.g. errors) behaviours.

## A common experience

Drivers often experience mind-wandering and daydreaming.

Frequent mind-wandering/daydreaming are more likely associated with:



Younger drivers

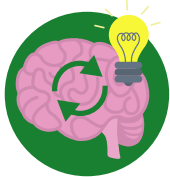


Less naturally mindful drivers



Drivers with more road violations

## Mindful drivers:



Better concentration  
Higher brain functioning



More accepting and less judgmental of mistakes  
Less likely to react to negative emotions



Less likely to be distracted (can resist temptation to multitask or engage in other tasks/thoughts)



Less likely to commit road violations



Less frequent driving mistakes and lapses

**Fact:** Reduced mindfulness is associated with increased likelihood of texting while driving.

## Non-mindful drivers:



More likely to be involved in crashes



Have lower levels of perceived risk (e.g. eating, texting), and less concern for negative consequences



More easily angered



Higher engagement with multitasking like mobile phones and other technologies



More frequent daydreaming



More easily distracted