

Journaling before you get on the road

The dangers of emotional driving

In the present day, worrisome thoughts can come to mind at any time and interfere with your daily life activities. When driving, these thoughts can cause distraction increasing your crash risk. Getting to know your triggers and identifying some strategies to deal with them, can help you stay calm and focused on the road.

Did you know?

Throughout history leaders such as Winston Churchill and Abraham Lincoln, have used journaling to help them deal with their thoughts and emotions, and not let them interfere with their decision making.

Recommendations for managing emotions

Schedule your worries



Identify a period when you can work through your worries



Give yourself permission to consider what is causing these thoughts



This helps us become more mindful of the way we think which prevents our thoughts from taking over our minds when we are on the road

Journaling



Journaling allows us to deal with overwhelming emotions by helping us record and reflect on what goes on in our minds



It can be written, drawn, or typed, on paper or an electronic device.



Studies have shown it is one of the most effective ways to strengthen mental toughness to deal with everyday concerns, as well as major trauma

Benefits of journaling



Reduces anxiety



Regulates emotions



Minimises brooding



Encourages awareness



Increases positivity



Encourages opening up

Tips for journaling



Try it on paper



Make it a habit



Keep it short & simple



Write what is on your mind