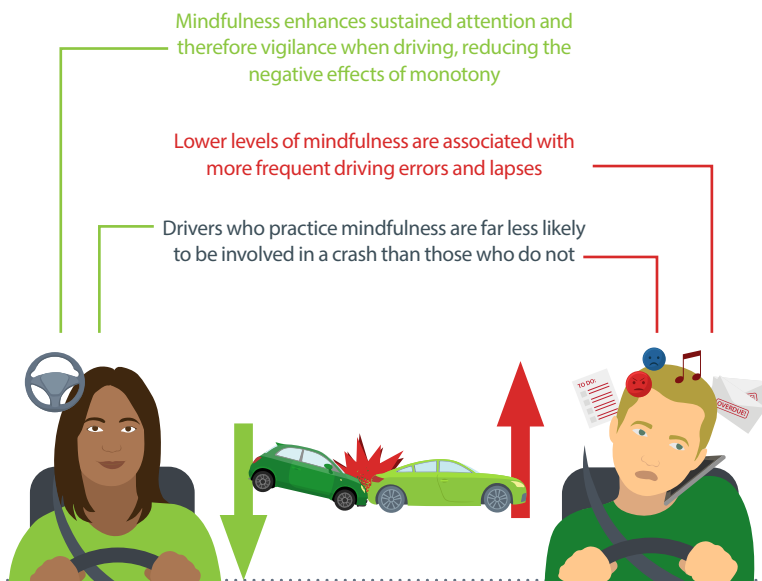


Definition: What actually is Mindfulness?

Being fully engaged with the present moment, purposefully paying attention with a non-judgmental and open mind.

Mindfulness is an everyday thing. When we engage with our hobbies, this usually connects us with our sense and brings us fully into the present moment. At work, when we pay full attention, we get 'in the zone'. But it is also something that we can strengthen through practice.

Everyday mindfulness and driving performance



Benefits of mindfulness include:



Improves attention, focus and memory
Enhances cognitive performance, leading to better work and study performance



Enhances physical and psychological well-being
Increases situational awareness (more logical risk assessments)



Enhances behavioural inhibition
Reduces negative emotional reactivity



Improves relationships with others (encourages empathy and non-judgmental attitude)

How to become more mindful

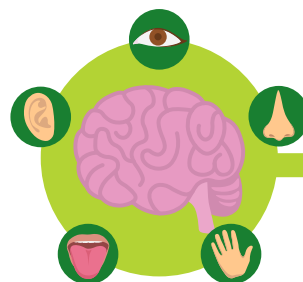
Some individuals are naturally more mindful than others, but this doesn't mean that you cannot improve your ability to be mindful. You can definitely hone this skill through the formal and informal practice of mindfulness.

To actively become more mindful, just notice that your mind has wandered off, and bring it back.

One mindfulness intervention can combat multiple distractions at once, having a positive influence over distraction-related road incidents.



'Wandering off' means things like worrying about the future, reliving the past, being lost in daydreams, or thinking about yourself.



You 'bring it back' to the senses (like what you can see, hear, feel, etc.)



You will get better at this after a while (like practicing a skill) as the brain wires itself to be more mindful. So just practise consistently and patiently, without getting frustrated.