

IN ONE INSTANT

THE ROAD TO SAFETY STARTS WITH A CLEAR MIND

MENTAL HEALTH & TEEN DRIVING GUIDE

When you're stressed, anxious, or overwhelmed, you're more likely to make mistakes behind the wheel. **HERE'S YOUR GUIDE TO SAFER DRIVING!**

QUICK CHECK:
Are You Ready to Drive?

YOUR PRE-DRIVE MENTAL HEALTH CHECKLIST:

- Got enough sleep? (8-10 hours is essential!)
- Mind clear from strong emotions?
- Feeling focused and calm?
- Taken a moment to breathe deeply?
- Phone on Do Not Disturb?

CRITICAL FACTS YOU NEED TO KNOW

- Driving after being awake for 20+ hours = Driving drunk
- Getting only 6 hours of sleep = 33% higher crash risk
- Having friends in the car raises distraction by 44%
- 63% of teen drivers take risks behind the wheel
- Your attention span drops by up to 50% when sleep deprived

Your Pre-Drive Toolkit

1. POWER DOWN

- Put your phone on Do Not Disturb
- That TikTok or livestream can wait!
- Queue up your music before starting

2. MENTAL CHECK-IN

- Take 3 deep breaths
- Scan your body for tension
- Set your intention for a safe drive

When to Hit Pause, Stop, and find another ride when you're:

- Experiencing strong emotions
- Too tired to focus
- Stressed about texts/social media
- Using any drugs or alcohol
- Feeling "out of it"

Keep Your Crew Safe

- Limit passengers (check your state's GDL laws)
- Set the tone: "I need to focus on driving"
- Save deep conversations for later
- Speak up if someone needs a break

Need Help? Reach Out!

- Crisis Text: **HOME** to 741741
- Save ride-share apps (Uber, Lyft)
- Tell parents/guardians you need a ride

REMEMBER

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#ClearMindSafeDrive

Sources: CDC, JAMA Network Open, NHTSA

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