



Prevention and health guidelines for **safe driving**

Do you rest in your free time?

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Our wellbeing is essential for us to perform well at work, to be safe in the workplace and to be safe while driving.

To maximize our wellbeing, we should know how to mentally cut ourselves off from work in our leisure time and during work breaks, freeing our minds of thoughts connected to work and consequently recharging our batteries ready for the following day's work.



The inability to cut ourselves off mentally from work can adversely affect our **sleep** and our ability to reduce **stress**.



Distancing ourselves mentally from work can be achieved by efficiently separating and compartmentalizing **the work and non-work physical and mental spaces**.

To maintain clear boundaries between home/private life and work we have to employ a measured use of technology: using smartphones, tablets and access to the internet, actually renders us constantly available, allowing work to insinuate itself into situations which should be dedicated to rest and relaxation.

Are you able to keep your work and your private life separate?

Answer these questions.



Are you in the habit of making work-related calls when you get home in the evening even though you could easily put them off until the next morning?	Yes, often	Sometimes	No
Are you in the habit of working on Sundays, as you feel more reassured that way?	Yes, often	Sometimes	No
Do you find it difficult to relax in your free time and find yourself constantly thinking about what's going on at work, including even normal day-to-day stuff?	Yes, often	Sometimes	No
Do you always talk about work with your friends?	Yes, often	Sometimes	No
Do you make work calls in your lunch hour?	Yes, often	Sometimes	No

If many of your answers come under **the red or amber traffic light**, you should probably try to look after yourself a bit more and draw clear boundaries between work and private life.