

Mindfulness: A Matter of Life or Death?



Is it possible that mindfulness saves lives?

Consider vehicular collisions. How often does inattention lead to car accidents?

In BC 26% of all fatal car crashes are caused by distraction of the driver. (ICBC)

When drivers use a cell phone, put on makeup, take the top off their coffee, or reach into the back seat to deal with children or pets, they are no longer mindful of their driving.

Given that many drivers are distracted while driving, pedestrians are especially vulnerable. However, how many pedestrians are mindful

when walking down the street? Count the

number of people entering a busy intersection with all of their attention focused on their cell phones. Or, to make it easier, try and find some who aren't.

We could take this idea into many other realms such as industrial settings, areas of vulnerability for some people such as parking lots in the evening, cooking with sharp implements and boiling water or hot elements, sitting at the beach with our young children playing in the water. Our world can be a dangerous place at times. And there is no question that being mindful is one of the ways we can make it much safer for ourselves and others.

Mindfulness is something we can practice any time. Next time you are driving or walking in an urban area try being mindful for a period of time. No music, no cell phone. Just watching everything in front of you and peripherally. When thoughts come notice them vying for your attention. Acknowledge them and then let them go. Return to your focus on driving or walking and your surroundings. You may be surprised at how much you have been missing. And who knows, it may just save a life.

Visit the link below to find the various meditation/mindfulness articles and videos offered by Curtis Health on Thrive:

<https://curtishealth.com/thrive>

References: <https://www.icbc.com/road-safety/crashes-happen/Distracted-driving/pages/infographic.aspx>