

Mindfulness Guide

Further Secure Life

As a healthcare goal, we think it is appropriate to increase your awareness about what is important to know when you are commuting or transporting goods via roads/road systems and experiences filled with road system dynamics. In this review, we look at **mindfulness expected** from people commuting actively, or from common drivers, ride operators, fleet operators and public transport drivers.



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Neurological degeneration, and longitudinal aging

Quality of Life enablers should assess the scientific evidence from a variety of factors known to affect mindfulness while commuting or driving, including demographics, household economic status, mental health (depression and cognitive function), chronic and symptom-based health conditions, functional health, biomarkers, healthcare utilization, family, social networks, social welfare programs, employment, satisfaction, and life standards.

Road Safety and Allied Support reviews should incorporate case–control, prospective and retrospective studies to demonstrate the impact of depression on driving performance and risk of road traffic accidents (RTA).

This booklet helps one assess oneself proactively and design formative enabling for the same, to the extent possible for a Quality of Life interested person.

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Category		RTA		
		Low	Medium	High
Depression	Low	Sikkim, Arunachal Pradesh, Dadra and Nagar Haveli, Lakshadweep, Mizoram, Nagaland	Andaman and Nicobar, Gujarat, Manipur, Tamil Nadu	Daman and Diu
	Medium	Andhra Pradesh, Jammu and Kashmir, Telangana,	Assam, Chhattisgarh, Jharkhand, Odisha, Puducherry, Tripura	Chandigarh, Haryana, Himachal Pradesh, Kerala,
	High	Maharashtra	Bihar, Delhi, Karnataka, Rajasthan,	Madhya Pradesh, Uttar Pradesh, Punjab, West Bengal Uttarakhand, Goa

Categorisation of states and union territories by prevalence of RTA and depression

Old data revisited to summarize on the further assistance that needs to be given for our categorized need to commute

Apart from depression/aging, with increase in the education level, odds of RTA decreased except for a driver or commuter being a right-out of a curriculum of education aspirant. India cannot rely on education as a solution but can develop Road Safety & Allied Support national objectives for its people.

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For your organization/institution/department/team – As possible, evaluate risks or association of road traffic accident with depression and various covariates as per gender and age group

For your organization/institution/department/team – As possible, evaluate risks or association of road traffic accident with sleep disturbance and various covariates as per gender and age groups

Furthermore, deliberate that there is a higher risk of lack of alertness, for perimenopausal and postmenopausal women who have experienced significant depression in the past

For your organization/institution/department/team – As possible, discuss that due to work-related stress, exhaustion, family obligations, unhealthy lifestyle, multitasking, drivers may display hazardous behaviour when driving

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As possible, deliberate within your organization/institution/department/team that accidents can occur because of things like

1. decreased focus and attention (often brought on by obsession with depressing or unsettling thoughts);
2. anxiety, which frequently coexists with depression; irritability, agitation, or degeneration or afflicted retardation;
3. exhaustion from restless nights; and
4. weakness from inadequate food intake.
5. Furthermore, depressed individuals may take chances without thinking through the repercussions, attempt or make suicide gestures, and use alcohol or other substances that impair functioning as a coping mechanism for their suffering

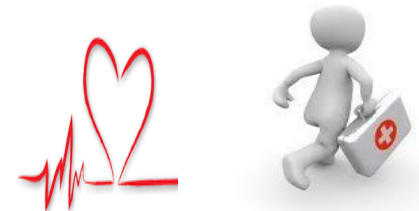
 Overall	 Male	 Female	 45-59 years	 ≥60 years
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Health of People

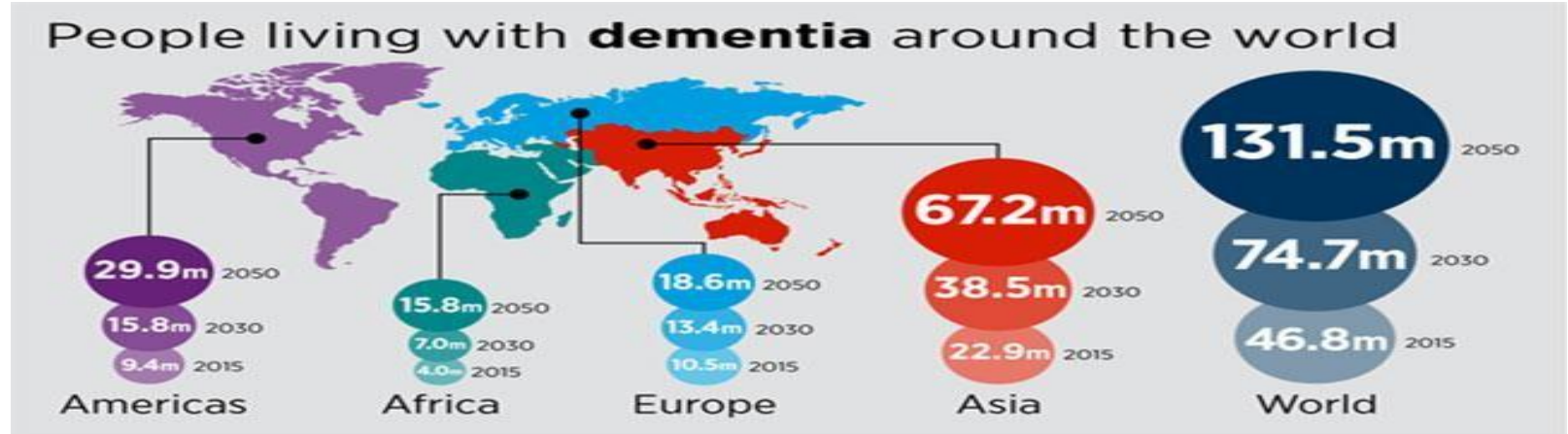
Stages of Dementia, life impacting absent mindedness, and symptoms

Out of best current knowledge, the following list of symptoms (need to be questioned) for signs of life-impacting absent mindedness.

1. Low self-esteem or unexplainable loss of interest to remember
2. Unexplained apathy or anxiety
3. Lack of enthusiasm / feeling continued despair
4. Disorientation, noticeable unsteady gait, speech difficulties, slowing down of thought
5. Increases in plasma cortisol, marker of hypothalamic pituitary adrenal (HPA) activity (a complex theory by itself)
6. Sedentary lifestyle with no feedback system for assessing mental alertness (details follow)
7. Obsessive or repetitive behaviour, such as compulsively shaving or collecting same items
8. Prolonged lack of judgment for socially acceptable behavior Or personally being disconnected from the near environment



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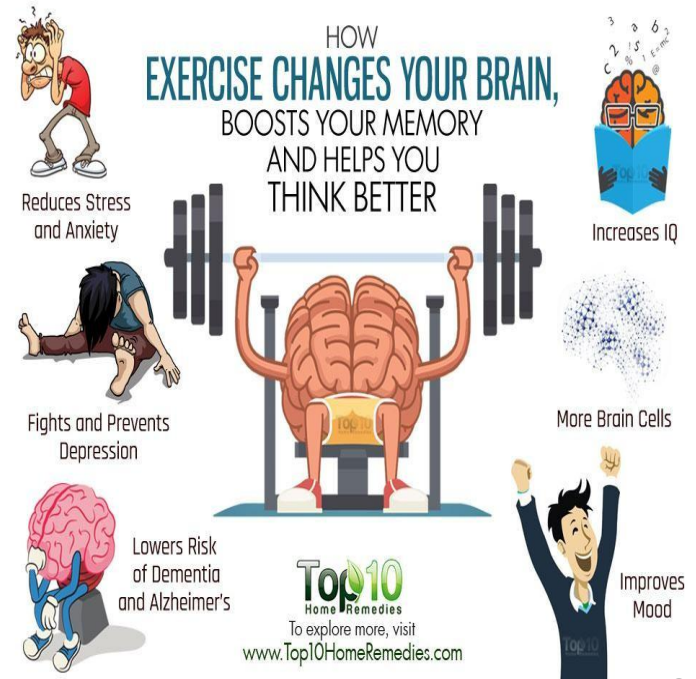


1. Medication or treatment options

Medication to boost levels of the chemical messenger involved in memory and judgment

2. Reduce risk via a healthy lifestyle and exercise

Details follow on the next page



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Stress, mental health problems and symptoms

Out of best current knowledge, the following list of symptoms (need to be questioned) for signs of stress or ailing mental health.

1. Low self-esteem
2. Unexplained anxiety or obsession
3. Feeling continued despair about loss in business, performance at work or in academics
4. Concern about family and other relationships
5. Feeling victimized, frustrated, unhappy mostly
6. Disorientation, sleeplessness
7. Believing in improbable things
8. Restlessness and/or nervousness
9. Prolonged irritability with severe bouts of anger

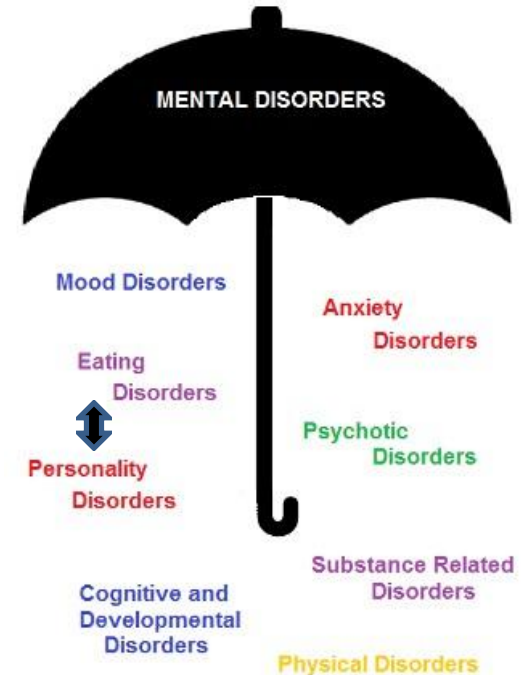


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Stress, mental health problems and symptoms

Out of best current knowledge, the following list of symptoms (need to be questioned) for signs of stress or ailing mental health.

10. Feelings of being rejected (or not being accepted) in the family, amongst peers and amidst associated social circles
11. Lack of any future direction or goal setting
12. Self-destructive behavior and/or addictions
13. Antisocial behavior
14. Speaking or thinking of suicide and ending life



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Unforeseen Drug addiction, stress and symptoms

Out of best current knowledge, the following list of symptoms (need to be monitored) for signs of drug addiction.

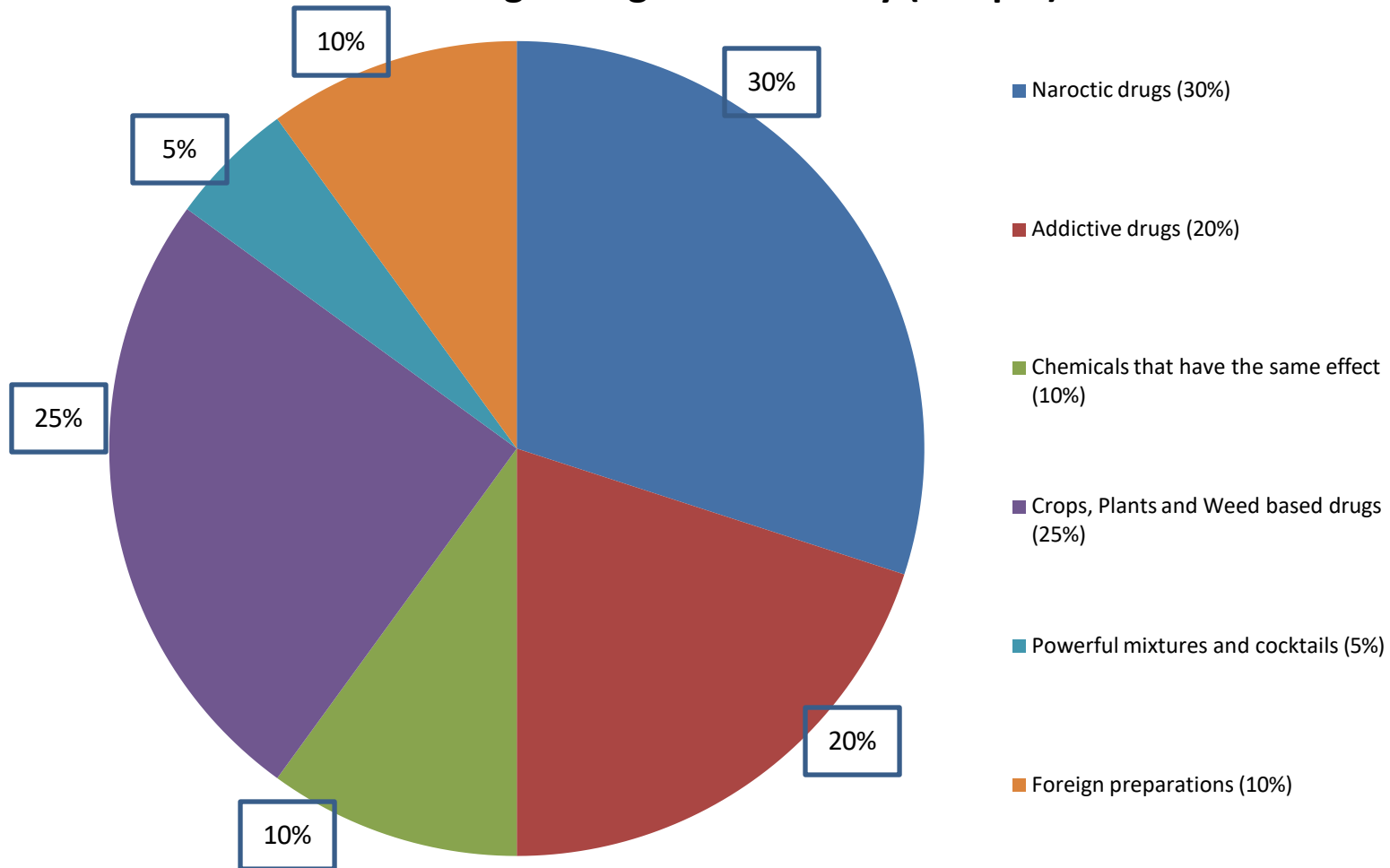
1. Weight loss (sudden and unpredicted)
2. Physical appearance changes (unforeseen)
3. Shies away from direct one to one conversations
4. Reduced inter-activeness (unexplained)
5. Emotional outbursts or mood swings
6. Needle or injection marks (unconfined or unexplained)
7. Pocket money related trends (asks for money or seen having more money)
8. Has unknown contacts on mobile (not known earlier or not accounted for)



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Drug addiction, stress and symptoms (continued)

Drugs being abused today (sample)



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Improving mindfulness, and designing guidance

When sometimes people have hereditary influences, commute actively, or live on their own or are already afflicted with different issues with mindfulness, it may be important to design guidance and reversal tools to help improve mindfulness and mitigate risks

Check Visual/ Spatial skills

1. Do occasional map reading
2. Picture what you see and sketch the same without looking at it when you sketch

Check Verbal skills

1. Collect what you miss at times in conversation
2. Express your thoughts about something known choose uncommon words

Check mathematical skills

1. Calculate differences between big numbers where there are common digits / reversals in numbers
2. Multiply 2 big numbers so you can see if you are alert or to check If you are slowing down

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Improving mindfulness, and designing guidance

Check bodily skills

1. Catch a ball with one hand to check your coordination
2. Check pulse rate or blood pressure before and after exercises, as some mental diseases accelerate the pulse rate or increase the blood pressure abnormally
3. Develop PNI acceleration to responsively beat stress and illnesses

Here, P stands for Psycho which means mind, N stands for Neuro which means nervous system, I stands for Immunology which means a body's immune defenses

The process of designing a program to manage your PNI is an effort to influence immunity. It is an effort to work on conditioning the mind, so it controls the nervous system to respond by generating more white blood cells / immune cells that can attack invaders that affect the body's response to “stress, illness and every day medications” in different phases of activity and/or recovery

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Positive Attitudes in today's stressful world

Today all over the world mental health is being recognized as the well-being of the intellectual and emotional parts of the mind. One important part of our minds is positive attitude, where this trait is self-developed.

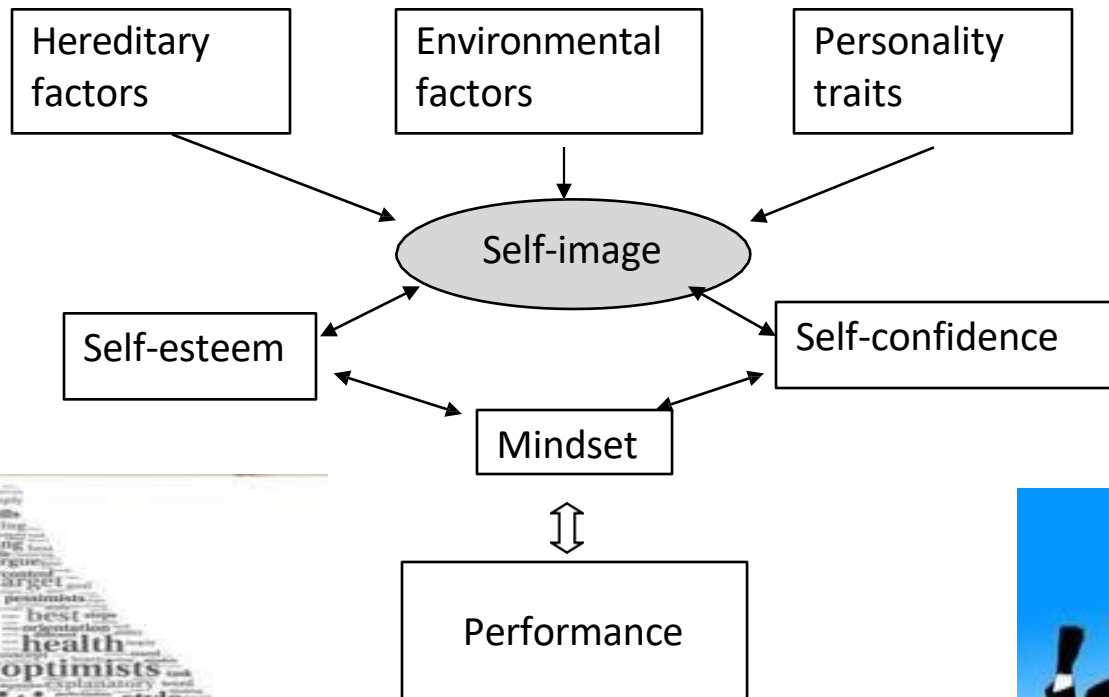


Positive attitude can help each of us do the following:

1. Deal with stress (like for example “examinations” in the life of students, “achieving promotions” in the life of a person at work)
2. Cope up with concerning situations
3. Improve our thinking and problem-solving ability
4. Boost our self-esteem and self-confidence (which together form our “self-image”)
5. Achieve our inner potential



What determines our self-image and mindset?



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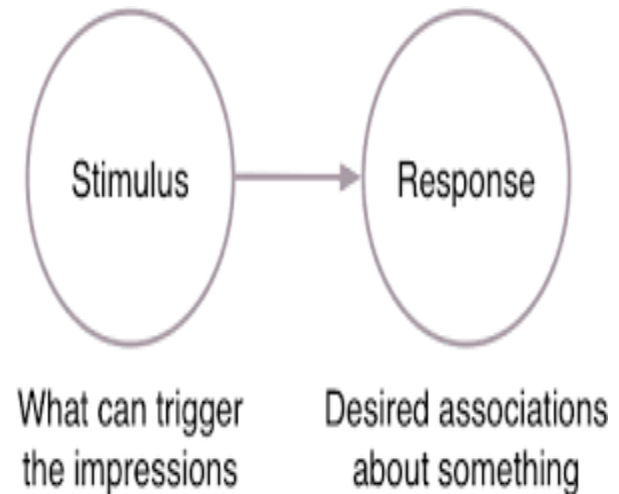
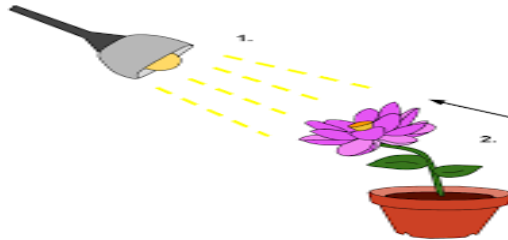


How does a positive mindset or attitude help?

To explain this we look at two scenarios

Scenario 1 (Reactive response)

Stimulus → Response



Scenario 2 (Conditioned response)

Stimulus → Positive Mindset + Choice → Response

In scenario 1, a person simply responds to external stimulus. This is simply reactive and need not produce the best of results.

In scenario 2, a person conditions his or her mind to think positively (in multiple ways) and then uses best choice to respond to any situation. This approach gives a person more control over the results that follow.

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What is the importance of a positive mindset or attitude?

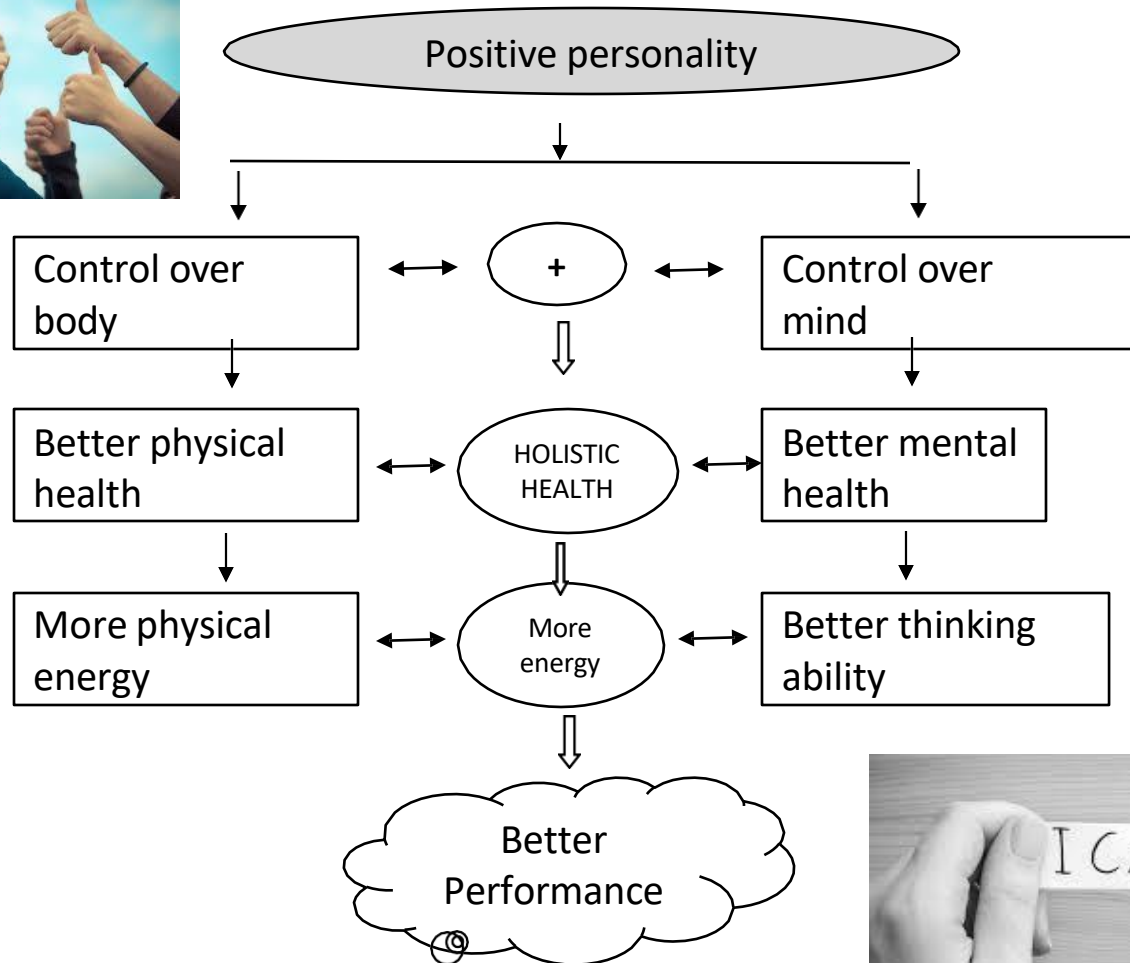
1. A positive attitude helps us remain in better control of difficult situations
2. It helps us rethink our thoughts and focus on problem solving. It prevents us from being extremely affected by a negative situation.
3. A positive attitude is an important part of personality development which in turn helps us achieve more success in our personal and professional lives.
4. A positive attitude helps us make more friends and improves our rapport with people.



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How does personality influence us?



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How can a person improve his or her mindset or attitude?

1. Make a list of strengths and weaknesses
2. Make a list of achievements that improved your energy levels
3. Look at all failures from an objective point of view (practice the SOAR technique to do this)
4. Set yourself goals that are short term, long term, life based, interests based)
5. Believe in yourself (it is important to mention one organization called “Mouth and Foot Painting Artists Association, Mumbai” where differently able children and adults use only their mouth and foot to draw and paint art that is marketed. This is an example of how willpower and commitment can help one succeed).



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The SOAR technique

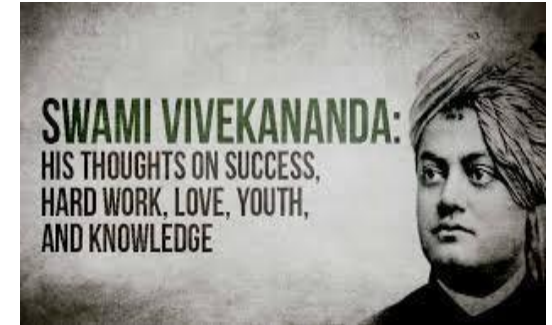
1. S – Stop thinking negative thoughts but sit in silence to re-energize your self. Get inspired.

2. O – Observe what your feelings are doing to your mind and body

3. A – Accept whatever has happened or is happening in an objective sense (focus on what to do next)

4. R – Relax and let go of your strong concern for the problem. Become more objective and results oriented.

Practising this technique will help raise your energy levels to rethink strategy and thereon act better.



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To help secure the life and well-being of people you care for

It is important that you have this information handy.

1. Name, sex, age, blood group (though it is recommended that the same be ascertained prior to any medical procedure or intervention)
2. Blood pressure, blood sugar levels (whether normal, low, high)
- 3.a Any other life changing condition
3. Any anti-microbial resistance incidences
- 4.c Organ donor (details)
4. Address
5. Emergency contact numbers
- 6.a Medical history (in brief)
- 6.b Last major complaint (in brief)
7. Whether on prescription medicines
8. Whether under treatment
9. Any adverse drug reactions



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To help secure the life and well-being of people you care for (continued)

10. Dial-in numbers for

- (a) A family doctor or physician
- (b) A preferred hospital or nursing home
- (c) Medical history related hospital, nursing home, medical practitioner
- (d) Preferred First-aid or emergency services

Please ask for the Secure Your Life Card to help take this initiative further.

Disclaimer: As the role of social etiquette and consumer behavior determine the response to incidences affecting an individual, the information available in the Secure Your Life Card can only universally reduce risk and facilitate decision making. To facilitate more adaptability, it can also include a URL that will in future be provided by healthcare providers, diagnostic centres or medical practitioners for what is termed as anytime look up of patient history information with the help of an emergency code.

Designed by:

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Name of Healthcare (Claim) Policy:



Secure Your Life (Companion Card) [Y]/[N]

Card No:

Name:

(Mobile Pattern)

Sex:

Age:

Blood Group:

Blood pressure (level): High/Normal/Low

Blood sugar (level): High/Normal/Low

Life changing condition (if relevant):

PHOTOGRAPH

Sample only

Anti-microbial resistance incidences (if relevant):

 Organ donor (details):

 Linked AADHAAR No:

Linked with Healthcare (Claim)

Policy No:

Card valid from:

Card valid till:



Name:

Card no:

Sample only

Whom to contact and important details in case of an emergency

Telephone numbers:

Names of family doctor or physician and contact numbers:

Names of preferred hospital or nursing home and contact numbers:

Medical history:  If [Y], URL for lookup:

Last major complaint:  If [Y], URL for lookup:

Preferred First-aid or Emergency services (medication, medical equipment registration for emergency admission & need for treatment details, whom to contact numbers):

Whether on prescription medicines? Yes/No

Whether under treatment? Yes/No

Any adverse drug reactions:

If found please return to:

 If [Y] or  image present means that this information is part of a database



Road Safety and Effective problem solving (booklet)