

one task at a time. Your brain is actually switching back and forth from one task to another - constantly starting and stopping each task repeatedly. This is known in psychology as "serial tasking," not multitasking. Multi-tasking is a myth.

So this month take a moment to examine your driving habits, and make a commitment to settle into the driver's seat with only one thing on your mind – driving.

To learn more go to <https://www.soletsdothis.org/distracted-driver-awareness-month>



**So Let's
do This**
saving lives together