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BETWEEN THE LINES

Kelly Anderson Group's Monthly Newsletter

25TH ANNIVERSARY EDITION



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COMPANY HIGHLIGHTS

Has a certified trainer left your fleet? Impact Safety Trainer Program (a division of Kelly Anderson Group) now offers Free safety Trainer Replacement Program. If a trainer left, we will certify another at *no cost*! If you are not satisfied with your previous training, we will certify you again at *no cost*! See if you qualify!

If interested in this service or others we offer, visit our website at kellyandersongroup.com or reach out to Bill Rohr at billrohr@kellyandersongroup.com!

TRIVIA

What are the most common mental illnesses truck drivers struggle with?

A TRUCK DRIVER'S MENTAL HEALTH

The mental health crisis has been increasing every year and affects even truck drivers, creating a need to focus on it now more than ever.

Truck drivers, from line haul to pickup-and-delivery (P&D), face anxiety, depression, loneliness, stress and other mental health issues. Line haul drivers are on the road for hours and even days on end. Over-the-road drivers are separated from their families and friends, stuck in a vehicle, and lack normal daily exercise.

It is important for truckers to video call their loved ones in order to help mitigate and prevent depression and loneliness. They also need to ensure they are striving to take breaks, stretch, and exercise. Whether it is a simple walk, going for a run, or lifting weights, any form of movement is good for the body and mind. An active body aids oxygen flow to the brain while helping the person de-stress.

P&D drivers may not be on the road consistently overnight without frequent breaks, but they do spend time on the road, repeating tasks and interacting with sometimes-upset customers. They need to protect and take care of their mind just as much as a linehaul driver. Listening to positive, calming or upbeat music and podcasts while going from stop to stop is a nice way to keep one's mind active and focused on brighter subjects. Tuning into the news or negative podcasts and music could affect a delivery driver's mood without them even realizing it. In turn, it affects how they interact with customers at drop offs and even their superiors and coworkers at the terminals.

No matter what kind of driver or person, it is vital for anyone to find someone to talk to about their thoughts and feelings - despite how cheesy that may sound. That confidant could be a close friend, family member, mentor or a professional counselor. There needs to be an outlet, even if someone feels as if they are the toughest truck driver on the road. When someone suppresses issues internally, it causes further mental and even physical problems.

Studies have shown that mental and physical health go hand-in-hand, affecting one another. An analysis conducted by a few scientists from the United Kingdom found that loneliness and depression can cause chronic diseases such as heart issues, asthma, and even impact a person's mortality rate, particularly in the older generation. Anxiety, depression and other mental disorders can keep someone from sleeping properly, disturbing their energy levels and physical capabilities throughout the day, which is especially dangerous for a truck driver on the road. Sleep is critical for any driver, but as truckers make a living with driving on the road daily, whether P&D or linehaul, proper sleep is a strong necessity.

No matter what kind of driver or person, it is vital for anyone to find someone to talk to about their thoughts and feelings - despite how cheesy that may sound.



TEAM MEMBER SPOTLIGHT

Judy Coker



Job Position:

Accounting Assistant

Length at the company:

2.5 years

Where are you from:

Diamond, MO

Favorite part about working here:

"The amazing people I get to work with."

Solid rest, healthy mental habits, a supportive community, and more are all aspects truck drivers should consider keeping up with in order to maintain a strong mental state. As tempting as it might be to brush a mind's wellness under the rug, mental health needs to be placed as a top priority.

This article was written in honor of Mental Health Awareness Month (May).

TRIVIA ANSWER

Loneliness, anxiety, and depression are the most common mental disorders among truck drivers, but more specifically linehaul/over-the-road drivers (according to Truck Driver Rights and Extra Mile International).



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