



# MENTAL HEALTH & DRIVER WELLBEING

## Did you know?

- 56% of van drivers consider themselves overweight.
- 70% of van drivers say work pressures severely impact their ability to drink enough water and have a healthy diet.
- Suicide is the biggest killer of men under 45 in the UK, with 1 man dying every two hours.

### Nutrition

**27%** of van drivers rely solely on sugary drinks or caffeine to get them through the day.

Only **76%** of drivers take a lunch break and **41%** eat their lunch in their van. **37%** eat at least 1 portion of fruit or vegetables during the working day.



The recommended fluid intake per day for is 2.5 litres for men and 2 litres for women.

### Feeling Down

Isolation, increased time pressures, stress and road congestion have a known detrimental effect on the mental health of van drivers.



Every week 115 people in the UK take their own lives and **75%** of all UK suicides are male.



Talking about our feelings can be difficult at first but should be encouraged for driver well-being.

## Best practice tips:

- Tell someone when you are not feeling fine or having a tough day/week.
- Make time to listen to someone you know that appears down or distracted.
- Trust your instincts.
- Share information and resources and support.
- Regular and sufficient sleep reduces worry.
- Make a note of things that are worrying you as it will help to address them.
- Every day, take a moment to think of one positive, good thing in your life.



### Regular exercise

improves mood and increases endorphins in the system.

Try running, swimming, cycling, weights or even just a good walk!

Van drivers have a busy job and need to maintain high levels of concentration all day. Being well hydrated is particularly important for both physical health and mental performance. Drivers can experience fatigue or become less alert when dehydrated. Dehydration can be driven by air conditioning and hot, protective clothing. Many van drivers do not take the recommended liquid intake during the day, partly due to the lack of toilet facilities. Simple, small changes to meals and snacks can make a huge difference to diet and health.



Water is the healthiest way to hydrate as it contains no sugar or calories. A handful of nuts or a piece of fruit is a great alternative to a bag of crisps. Wholemeal bread and bananas provide a slow-release energy though the day.

### Need to unload?

**0800 58 58 58** or [thecalzone.net/help](https://thecalzone.net/help)  
5pm - midnight, every day • Free • Confidential • Anonymous

