

Safety Starts with Me: The Danger of Ruts

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**New
or
Inattentive
?**

Life Rarely Changes All At Once

- Kids become adults



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- Mom & Dad moving slower



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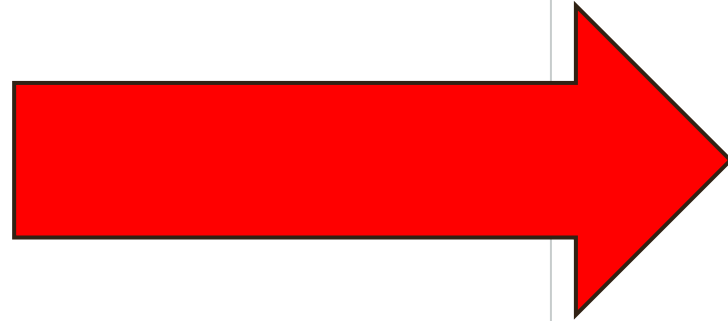
- Kids become adults
- Mom & Dad moving slower
- Friendships require more effort
- Trees grow taller
- Technology marches steadily on

Our Attentiveness Rarely Changes All At Once

- Concerns
- Warnings
- Fears
- Dangers

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- Familiar
- Habit
- Norm

Expert Habituation

Questions to Ponder & Discuss

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- **Why do we make those assumptions?**

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- Be aware that EVERYONE is subject to this human condition.
- Create “space” to notice something you’ve stopped noticing.
- Experiment with your own awareness.
 - Take a different route home
 - Leave your phone behind on a walk
 - Sit outside for awhile at the end of the day to look and listen

