INVITATION
WEBINAR - 7 OCTOBER @1800 (GMT)
Wellbeing Among Aviation Professionals
Your Health, Your Life, Your Career

Dr Joan Cahill | Captain Paul Cullen | Asst. Prof Keith Gaynor
Recognition of Wellbeing & Mental Health becoming more normalised and open topic in society.

The arrival of C-19 was unexpected, it spread rapidly and was unprecedented.

C-19 impact heightened the awareness and focus on Wellbeing & Mental Health in all walks of life.
Covid 19 effects

THREAT TO PERSONAL HEALTH FROM C-19.

AFFECTED ECONOMICALLY DUE LOSS OF JOBS, REDUCED HOURS ETC.

SOCIALLY AFFECTED DUE TO RESTRICTIONS IMPOSED TO CONTAIN THE SPREAD. FEELING OF ISOLATION AND HELPLESSNESS
Webinar Objectives

Highlight the need to normalise discussions around wellbeing and mental health.

Highlight the need for Aviation personnel to be aware of their own wellbeing and mental health, just like everyone else.

Highlight where help can be found.
Introduction to Panel

Dr Declan Maher
Chief Medical Assessor, IAA

Dr Joan Cahill
(TCD)

Captain Paul Cullen
(TCD)

Prof Keith Gaynor
(UCD)
Agenda

- Recent Research
- What is wellbeing & mental health?
- Taking care of yourself
- Resources and support
- QnA
Airplanes are maintained to ensure that they are airworthy. We are no different!
FSF Wellbeing Questions

How am I feeling?

How am I coping?

What can I do for myself and others?
FSF Wellbeing Questions

COVID & the New Lived Experience

How do you know that you are NOT doing well (self awareness)?

Maintaining wellbeing (minding oneself and others).

How am I feeling?

How am I coping?

What can I do for myself and others?
I am

- Tired of everything now
- Breaking too many restrictions
- Doing the best I can
- Excited for this to be over

I am not

- Motivated

The world is

- A very difficult place to live in
- A chaotic mess
- Closed off to each other
- A hard place for students who are blamed for everything
- A place of happiness and unhappiness

I am

- Having a good time
- Strong as confident as I could be
- Giving up

Qualitative data
Gaynor et al., In preparation, Dec-Feb 2021
### COVID Experience (2020 & 2021)

- **27.7% of adults in ROI felt clinically depressed or anxious**
  - Hyland et al. (2020)
  - (representative sample, March/April)

- **46% of adults ROI felt depressed**
  - Burke et al. (2020)
  - (convenience sample; April)

- **Between 23% to 44% young people felt depressed internationally**
  - Nearchou et al. (2020)
  - (Systematic Review, n= 12, 262)

- **2020-21: Global depression: 18%-33%**
  - 2017: 3.44%
  - (Meta-analysis, Notivol et al., 2021)
Self Reported MH

- Very good
- Good
- Fair
- Bad
- Very bad
- Don’t know
- Prefer not to say

TCD Survey 2018/2019 (Pilots only, N=1059)
TCD COVID Survey 2020 (Pilots Only, N=729)
TCD COVID Survey 2020 (All Aviation Workers, N=2050)
My Mental Health Has Worsened Since COVID 10 Pandemic

![Bar chart showing percentages of respondents agreeing with mental health worsening due to COVID-10 pandemic across different groups.]

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
My Company cares about my wellbeing

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

- All
- Pilots
- Cabin Crew
- ATC
- MX
- Others

Bar chart showing the percentage of responses across different groups for the statement 'My Company cares about my wellbeing.'
What Mental Health used to be defined as (and still is in some circles):

- Mental Wellness
- Mental Illness

Us

Mental Wellness

Them
What Mental Health actually is:

Mental Illness

All of us

On an ever fluctuating continuum

Mental Wellness
What Mental Health actually is:

All of us on an ever fluctuating continuum

Mental Illness

Mental Wellness
New Lived Experience

- Mind our bodies
- Tell our COVID stories
- Recognise our thoughts and fears
- Reconnect to our social world
- Growing
- Grieving
Minding the body

Recognise this has been incredibly stressful

Stress is embodied

We carry it physically

- Notice what our bodies are telling us
- Start to give our bodies what they need:
  - Minding: alcohol/diet/sleep
  - Increasing Movement
  - Yoga
  - Breathing
  - Physical Exercise
- Bringing gentleness to our bodies
Activating the Vagus Nerve (& Mind Body Connection)!

- Diving
- Smiling
- Laughing
- Humming
- Splashing water on face
Telling our stories

- Despite how simple this seems, we can be very bad at it.
- We’ll talk about anything but what we’ve actually experienced.
- How many conversations have you had about COVID?
- How many real conversations?

1. Starts with a commitment to tell our COVID stories.
2. Pick the right people for the right story.
3. Everyone has a story Don’t apologise. Your story isn’t less. It’s yours
“I am intrinsically you-ward”
Martin Buber, I and Thou, 1923
Resilience & Growth

Crises can be transformative
Developing Emotional Vocab and Awareness

How are you feeling?

Atlas of Emotions (Anger)

http://atlasofemotions.org/
Atlas of Emotions (Sadness)

http://atlasofemotions.org/
Wellbeing, Ramp Up & Return to work

- Decreased wellbeing of aviation professionals during shutdown and on return to work
- Aviation personnel fatigue
- Financial wellbeing (job loss, job change, job uncertainty, contract change)
- Skill fade
- MH and reporting problems/challenges (stigma, culture...)
- Reduced focus on, or prioritisation of safety, human and organisational factors
EASA: Ramp Up - Be READY, Stay SAFE

https://www.easa.europa.eu/community/content/air-operations-together4safety
People, Wellbeing & Human Factors (EASA Wellbeing Hub)

https://www.easa.europa.eu/community/content/information-looking-after-yourself
Wellbeing Wheel (Flight Safety Foundation)


Self Care
Self Compassion
Care for others....
How do I Know? Check Yourself (Using Apps)

- Talkspace (therapy)
- Moodfit (mood, resilience, general mental health)
- Headspace (meditation, sleep, stress, anxiety, concentration)
- Calm (meditation and sleep)
- MoodMission (depression and anxiety)
- Sanvello (anxiety, depression & stress)
- Happify (fun)
- Intellicare (depression & anxiety)
- Depression CBT Self-Help Guide (depression)
- Self-Help for Anxiety Management (SAM) – (anxiety)
- Happify (stress, anxiety, negative thinking)
- SupperBetter (resilience, depression, anxiety)
How do I Know? I’m Safe Checklist (Extended)

Addressing health and wellness

Addressing stress & stress coping
Resources & Guides

Coping During Covid-19 Workbook
A CBT approach to coping with COVID-19 related anxiety & depression
Dr. Keith Gaynor
St. John's of God Hospital


COVID-19 Aviation Health Safety Protocol
Operational Guidelines for the management of air passengers and aviation personnel in relation to the COVID-19 pandemic

Resources & Guides


If you need to talk to somebody about this, we suggest you approach a close family member or friend, or a health professional such as your own Doctor.

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<thead>
<tr>
<th>Supports &amp; Resources</th>
<th>Link</th>
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<tbody>
<tr>
<td>Samaritans</td>
<td><a href="https://www.samaritans.org">https://www.samaritans.org</a></td>
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<td>MIND Mental Health Charity</td>
<td><a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></td>
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<td>The Campaign Against Living Miserably</td>
<td><a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a></td>
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<td>EASA COVID-19 Support Material</td>
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<td>Resilient Pilot</td>
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<td>The European Society of Aerospace Medicine</td>
<td><a href="https://www.esam.aero/">https://www.esam.aero/</a></td>
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<td>Aviation Action</td>
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<td>European Aviation Mental Well-being Initiative (EAM-WELL)</td>
<td><a href="http://eppsi.eu/">http://eppsi.eu/</a></td>
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<td>European Pilot Peer Support Initiative</td>
<td><a href="http://eppsi.eu/european-aviation-mental-well-being-initiative-eam-well/">http://eppsi.eu/european-aviation-mental-well-being-initiative-eam-well/</a></td>
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<td>RAEs</td>
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<td>Aerospace Medical Association (AsMA)</td>
<td>COVID-19 - Aviation Personnel and Mental Health Support (David Schroeder, 2020)</td>
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<td>American Psychiatric Association</td>
<td><a href="https://psychiatry.ucsf.edu/coronavirus/coping">https://psychiatry.ucsf.edu/coronavirus/coping</a></td>
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<td>National Institutes of Health</td>
<td><a href="https://www.nih.gov/health-information/your-healthiest-self-wellness/toolkits">https://www.nih.gov/health-information/your-healthiest-self-wellness/toolkits</a></td>
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Aviation Worker Wellbeing During COVID Survey

COVID SURVEY 1
THANKS FOR YOUR PARTICPATION!
(End July to August 2000)

COVID SURVEY 2 IS LIVE!
PLEASE GIVE YOUR FEEDBACK!
(October to November 2001)

https://tcdecon.qualtrics.com/jfe/form/SV_7QA7WLli7PyoY31I
Airplanes are maintained to ensure that they are airworthy. We are no different!
Making Choices, Identifying a Purpose & Saying ‘Yes’ to Life

There is a space between stimulus and response in which each of us make choices...
(Man’s Search for Meaning, Viktor Frankl)

Self awareness

Looking after oneself (self care, self compassion)

Seeking help when needed (peer support/PAN, medical professionals)

Fitness for work & operational readiness

Supporting others (kindness & humanity, compassion for others)
Thankyou

Mind yourself & Mind others

Lived Experience Wellbeing Project

BIOLOGICAL - PSYCHOLOGICAL - SOCIAL

Discussion with Panel