

INVITATION

WEBINAR - 7 OCTOBER @1800 (GMT)

www.bit.ly/39zvsPT

Wellbeing Among Aviation Professionals
Your Health, Your Life, Your Career

Dr Joan Cahill | Captain Paul Cullen | Asst. Prof Keith Gaynor



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



University College Dublin



PEOPLE
PROCESS
PERFORMANCE

Centre for Innovative Human Systems

Wellbeing - Added Covid- 19 Impacts

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.

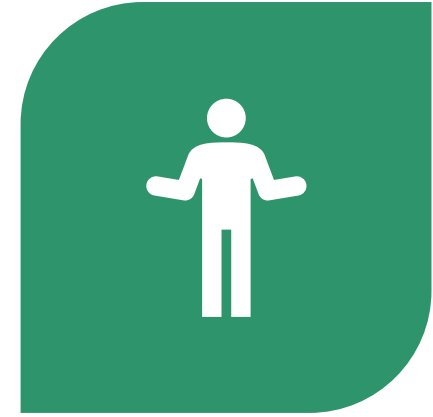
C-19 impact heightened the awareness and focus on Wellbeing & Mental Health in all walks of life.



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

Covid 19 effects

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

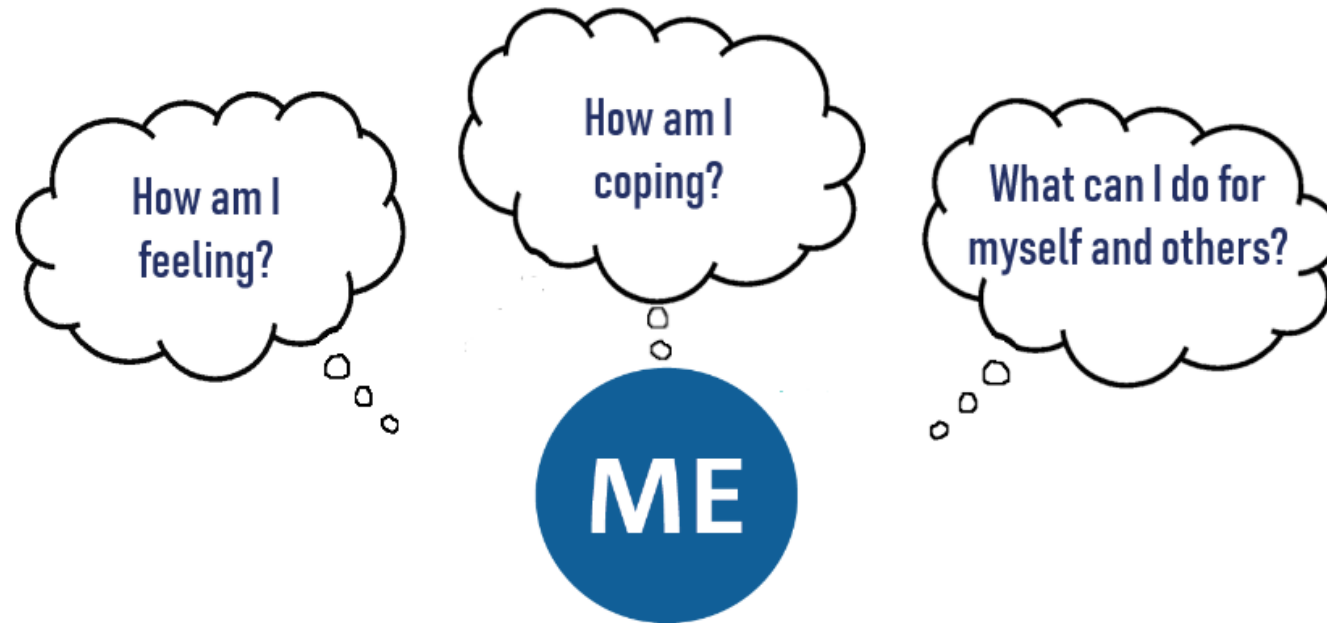
Resources and support

QnA

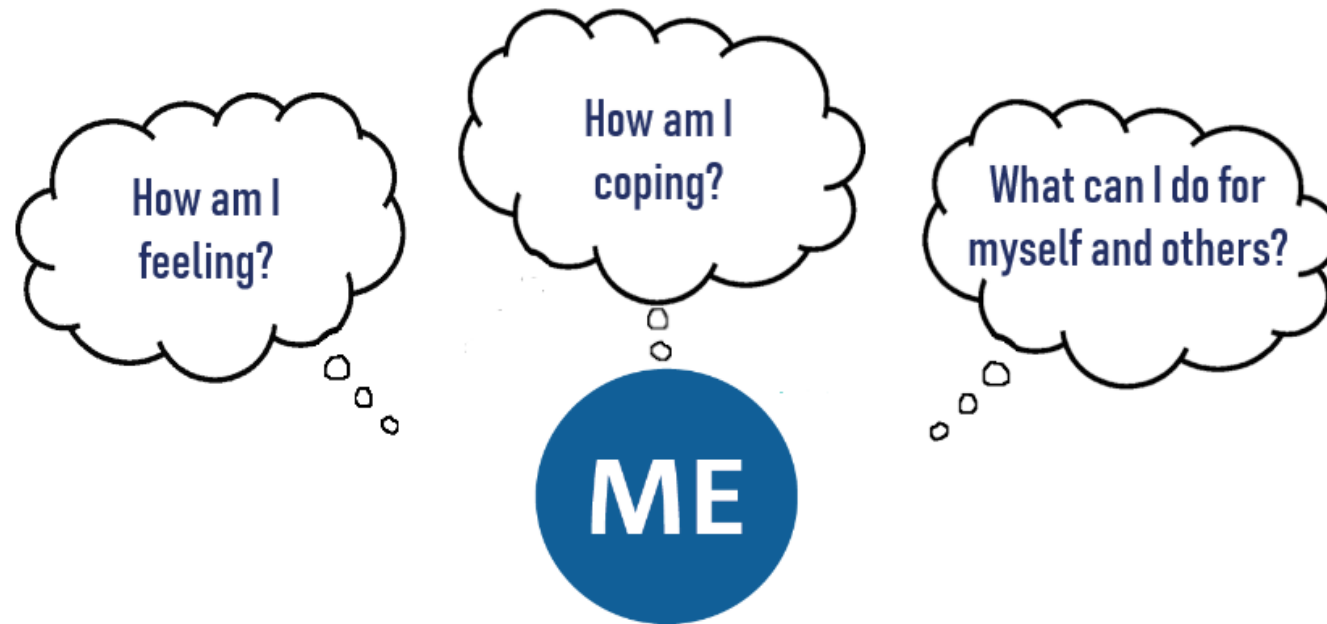
Airplanes are maintained to ensure that they are airworthy. We are no different!



FSF Wellbeing Questions



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).

I am

Tired of everything now

Excited for this to be over

Doing the best I can

Breaking too many restrictions

The world is

A chaotic mess

A very difficult place to live in

Closed off to each other

A hard place for students who are blamed for everything

A place of happiness and unhappiness

I am not

Having a good time

Strong as confident as I could be

Giving up

Motivated

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)

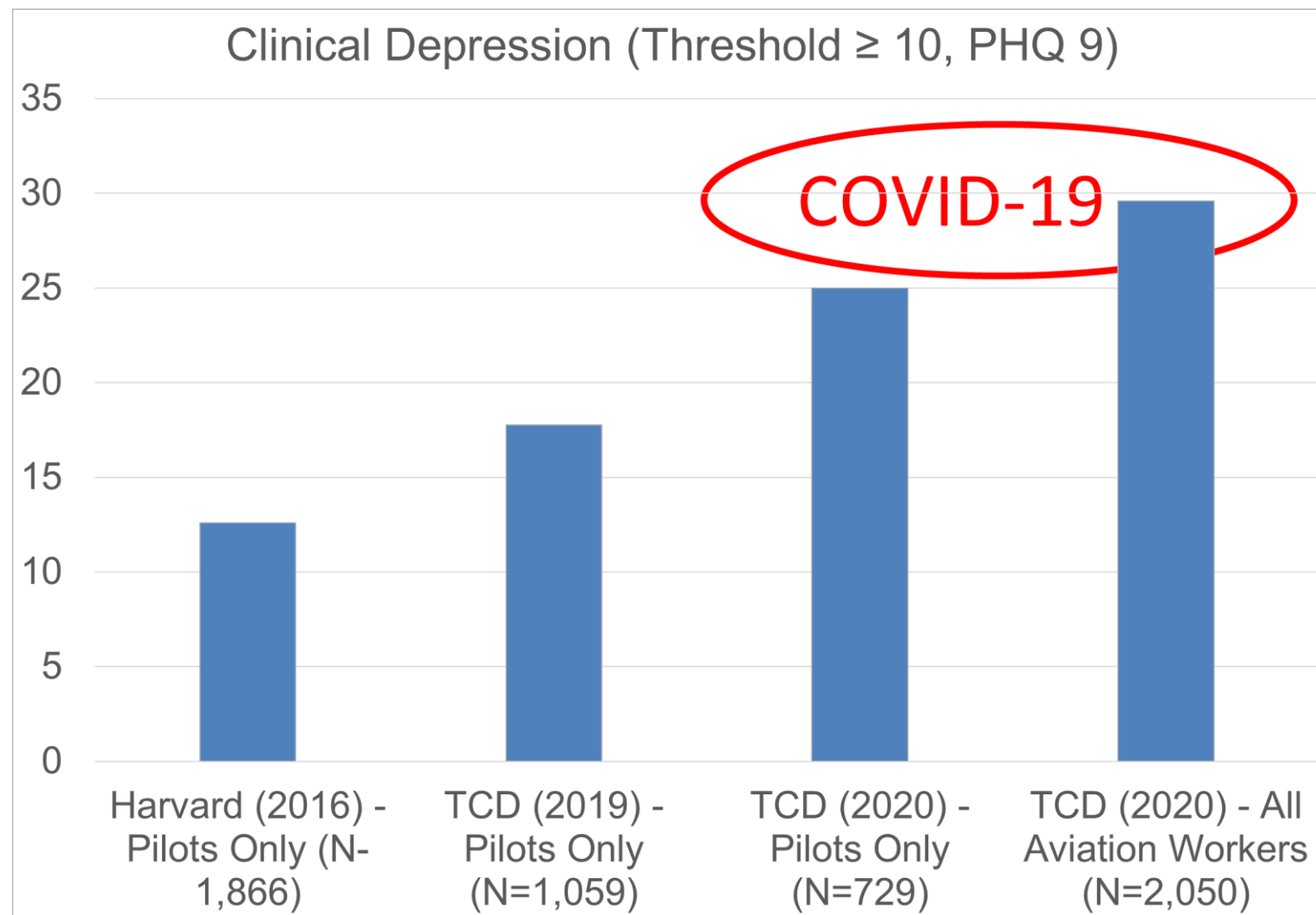
(Systematic Review, (n= 12, 262)

2020-21: Global depression: 18%-33%

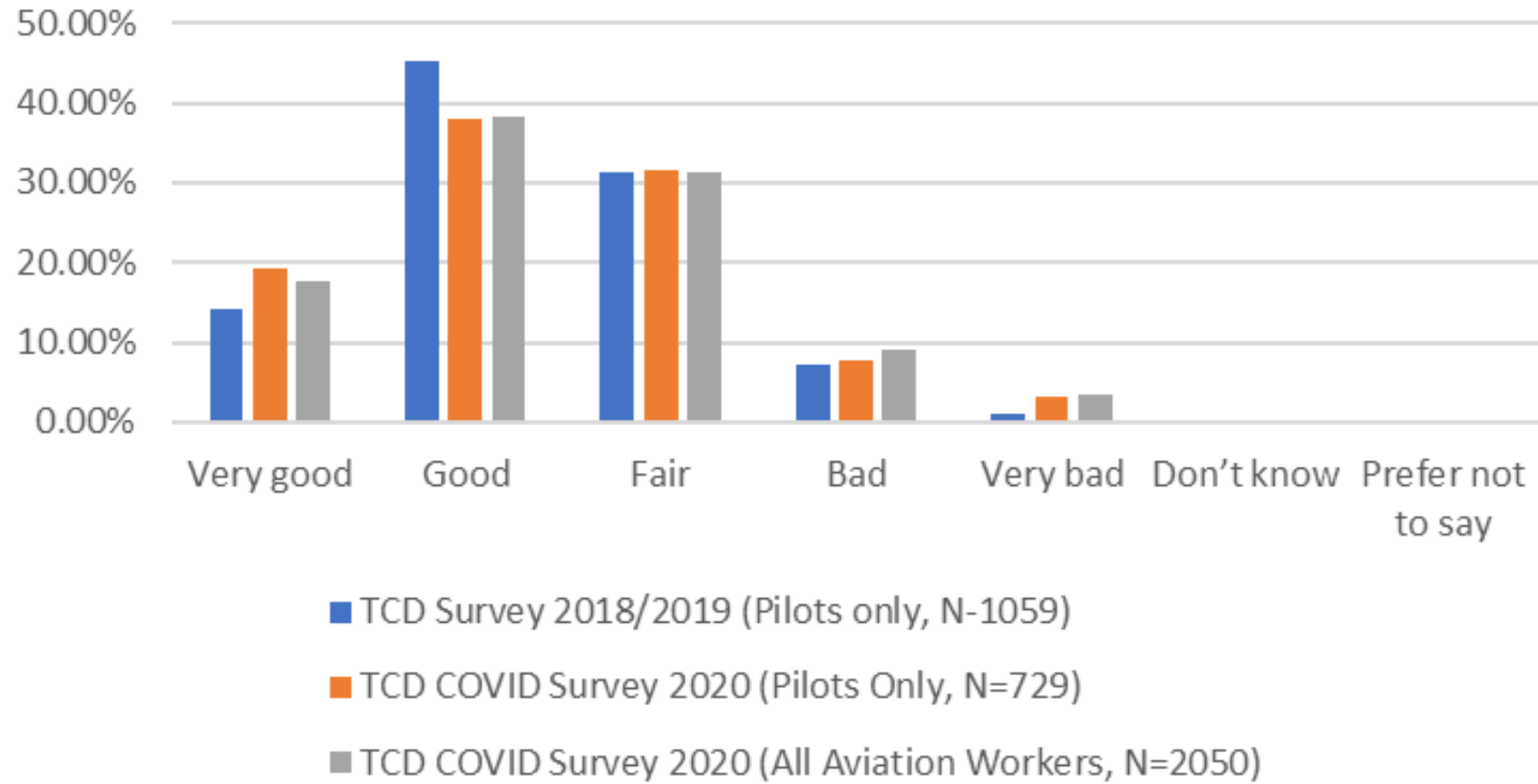
2017: 3.44%

(Meta-analysis, Notivol et al., 2021)

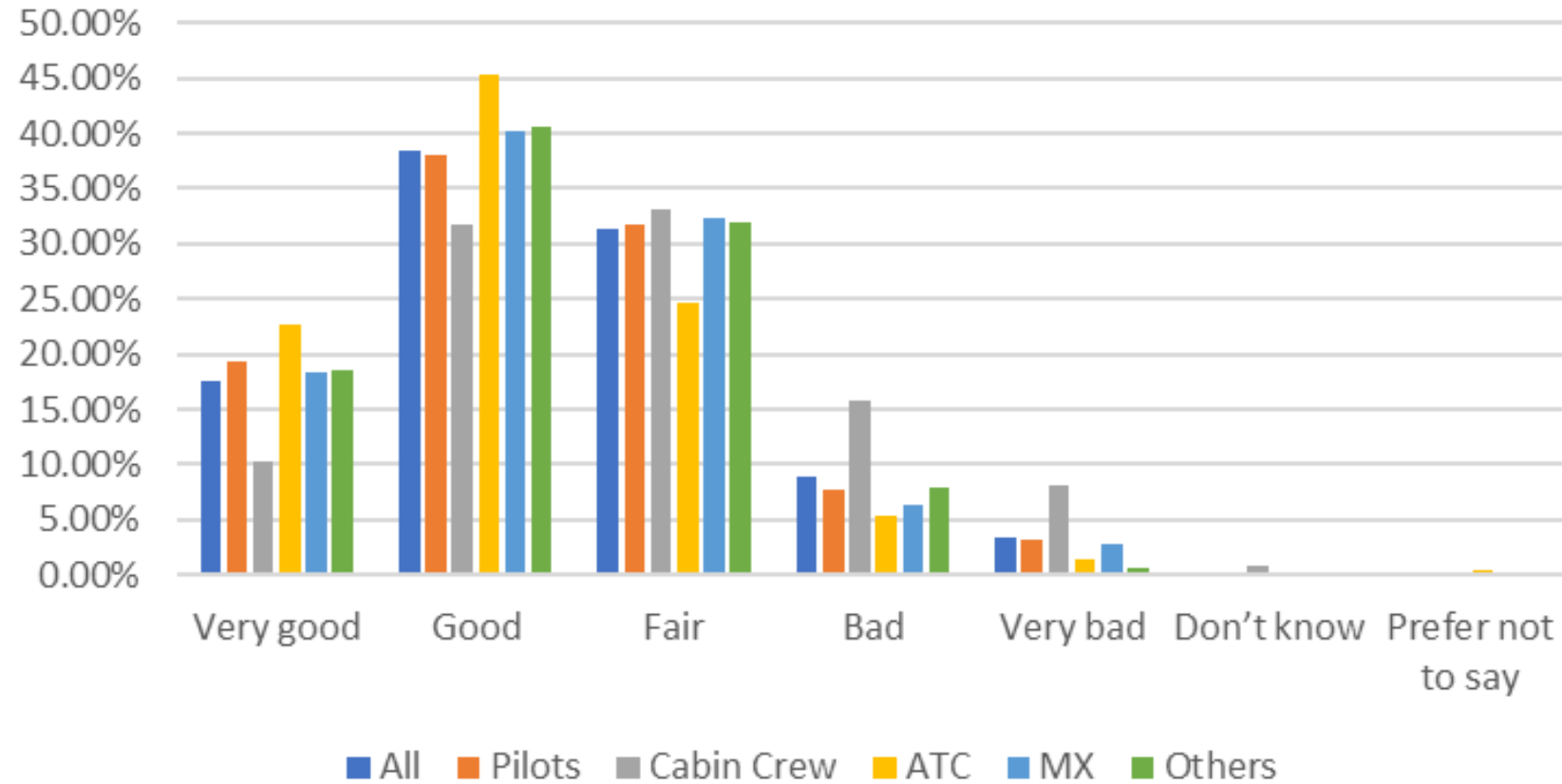




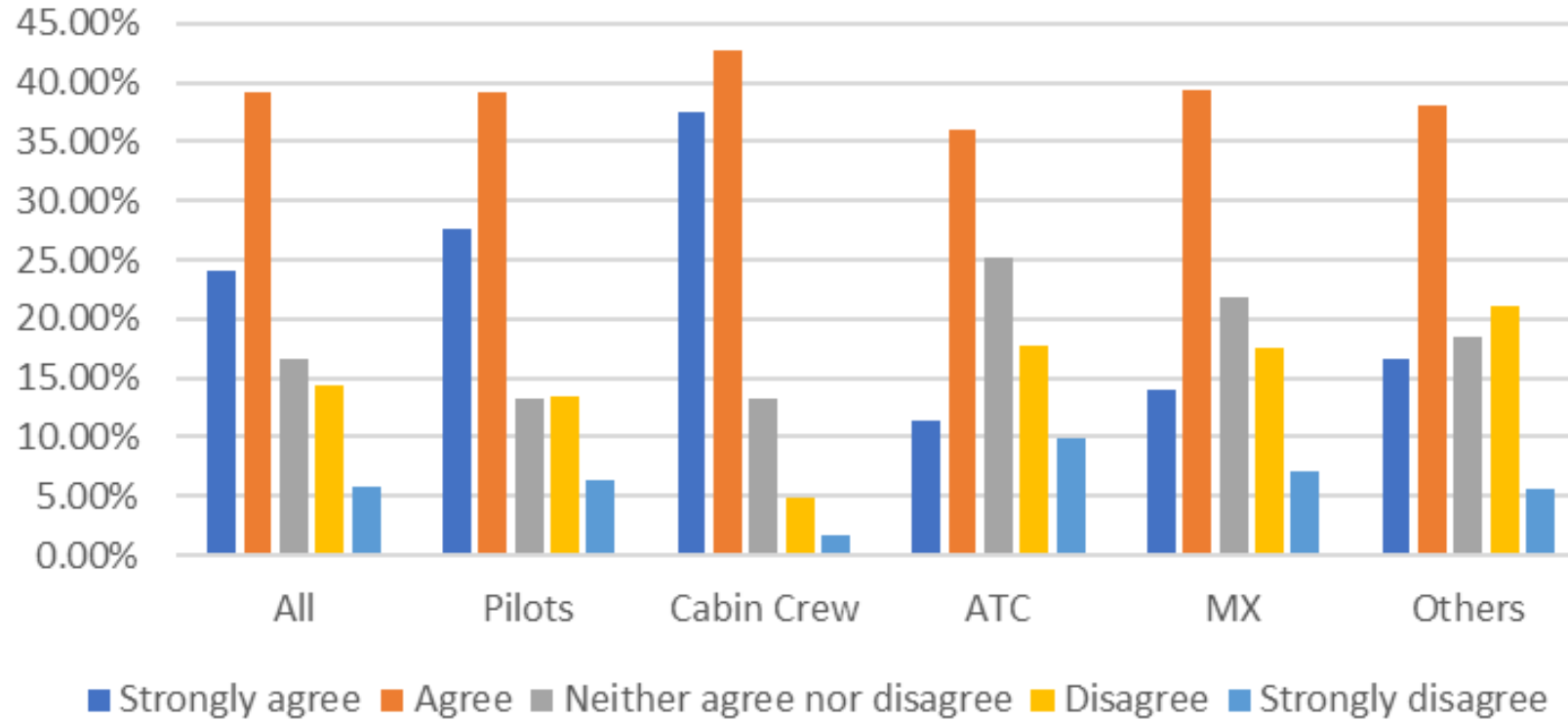
Self Reported MH



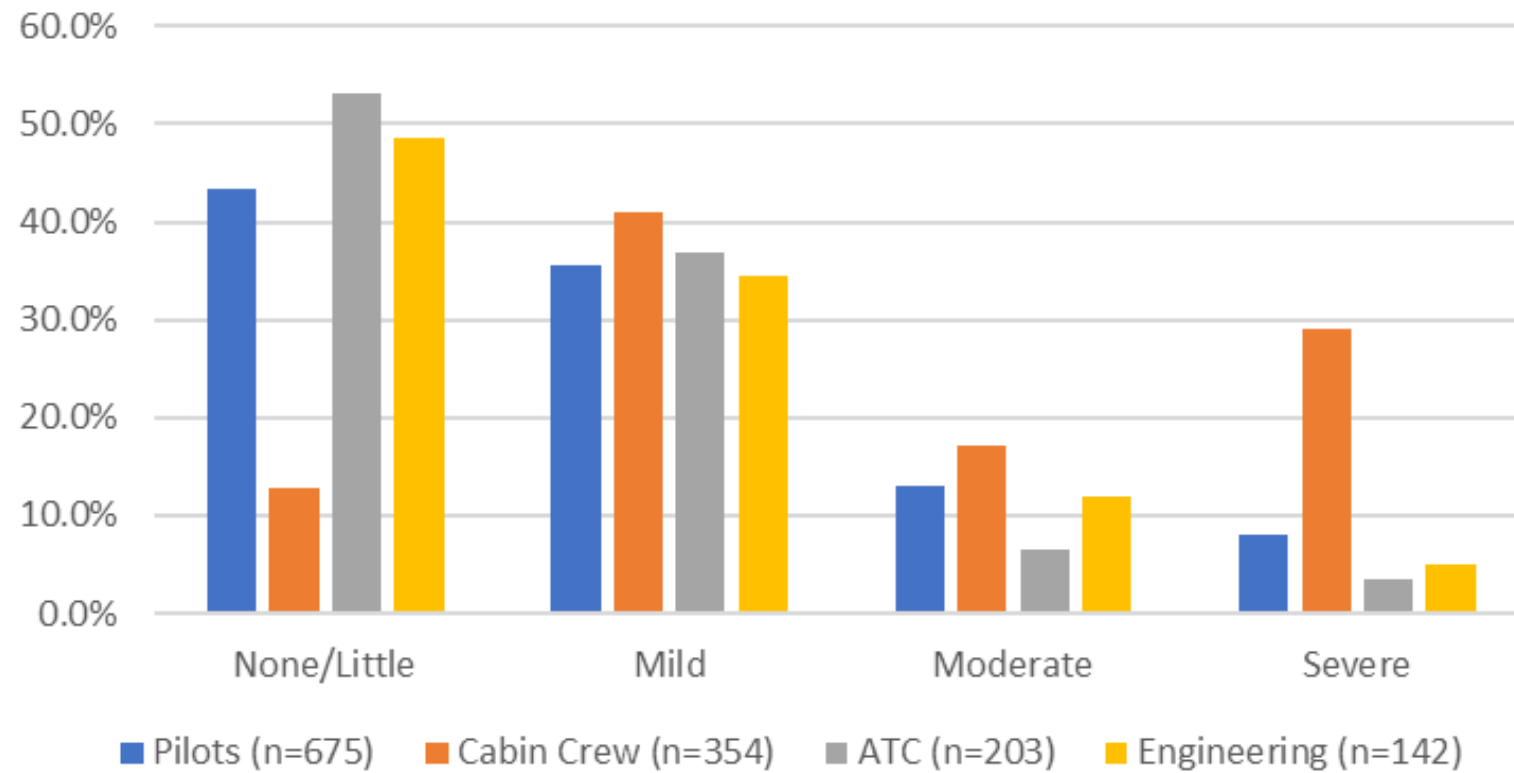
Self Reported Mental Health (2020 Survey)



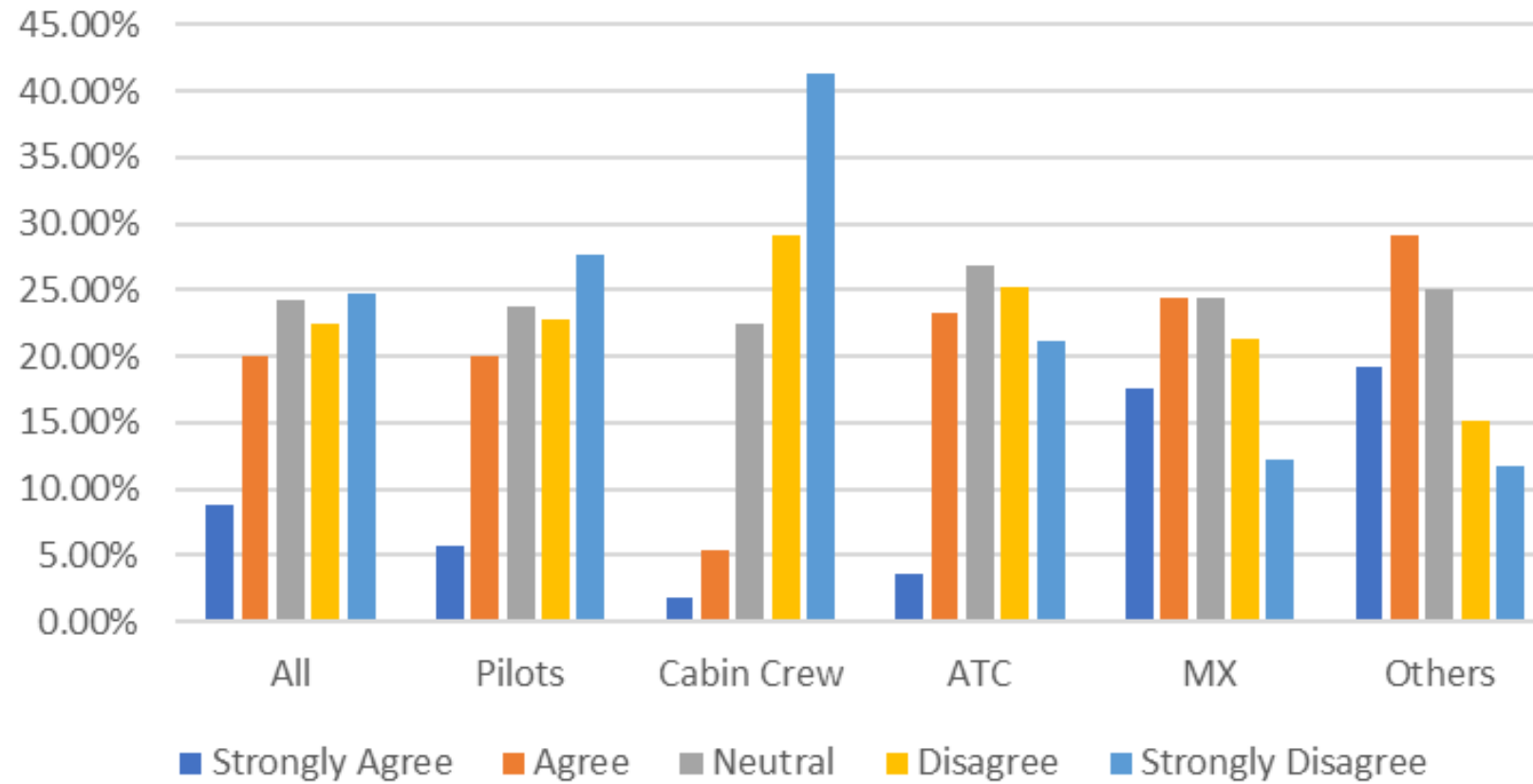
My Mental Health Has Worsened Since COVID 10 Pandemic



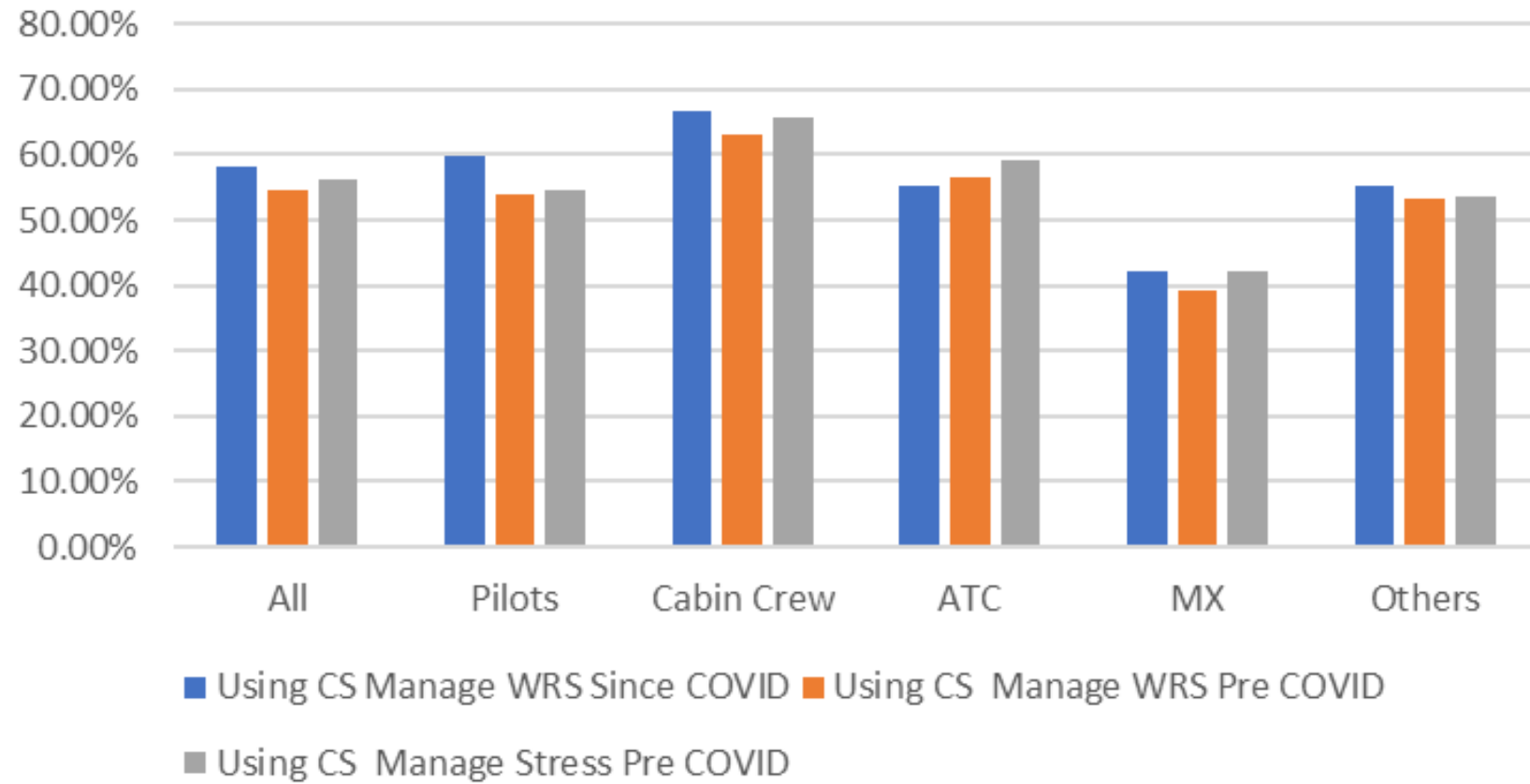
Levels of Anxiety



My Company cares about my wellbeing



Coping Strategies



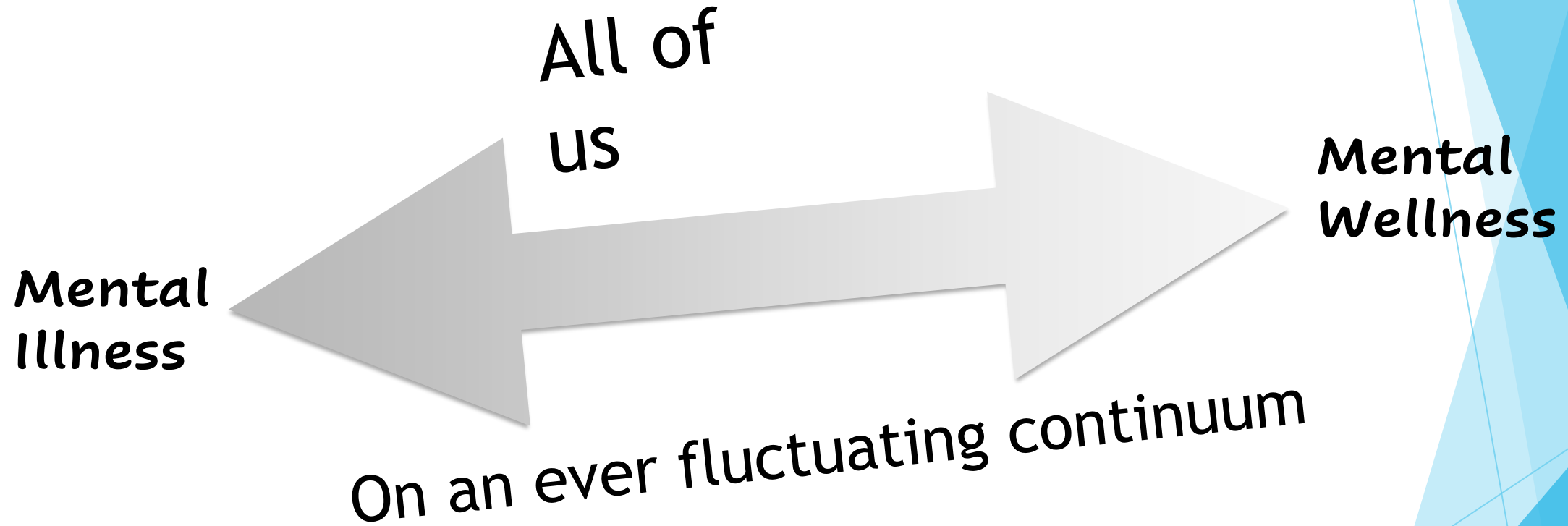
What Mental Health used to be defined as (and still is in some circles):



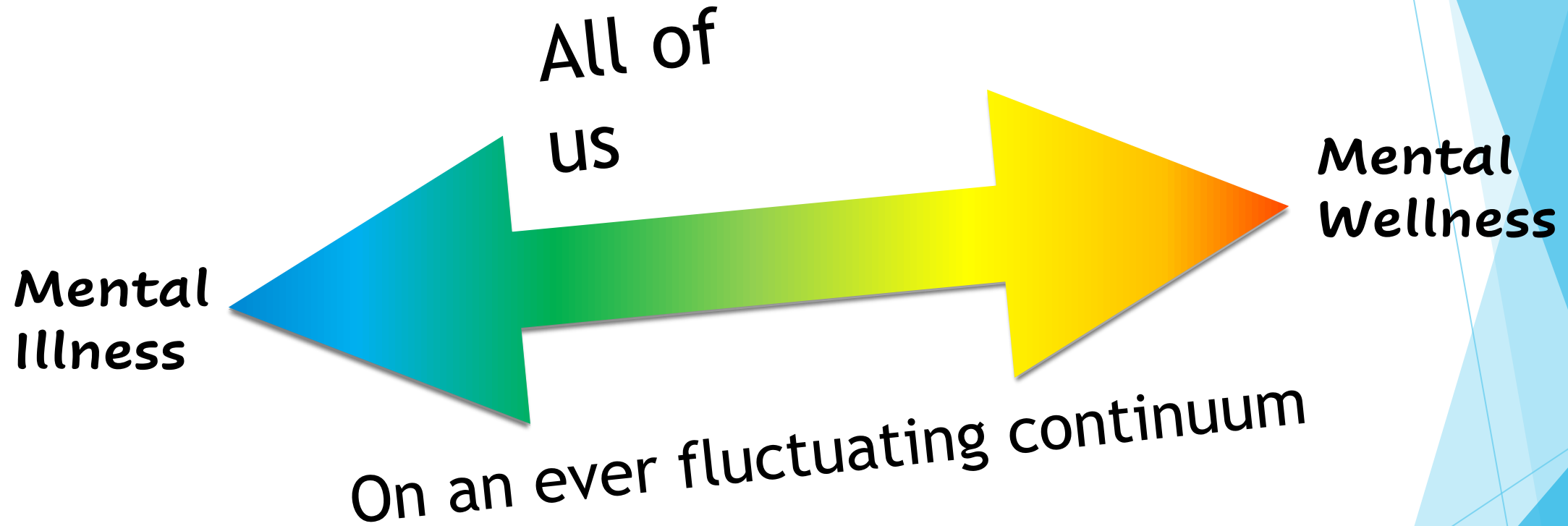
Us



What Mental Health actually is:



What Mental Health actually is:







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



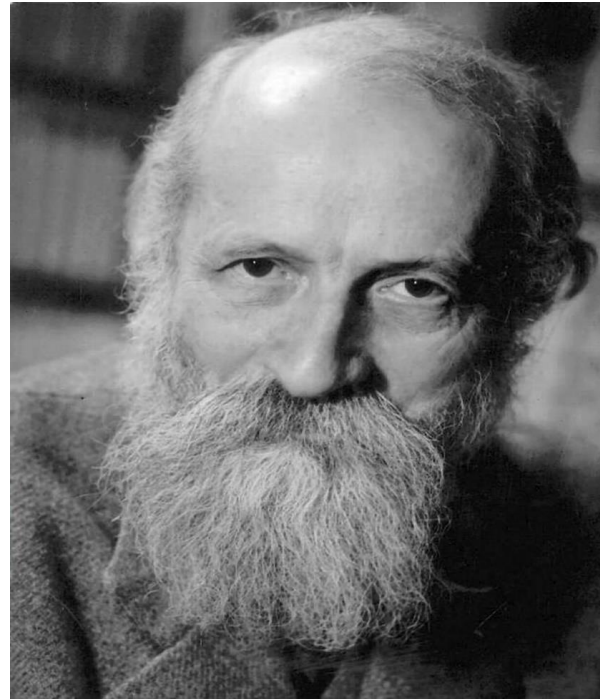
Telling our stories

- ▶ 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

Social Connection & Finding Meaning



“I am intrinsically you-ward”
Martin Buber, *I and Thou*, 1923

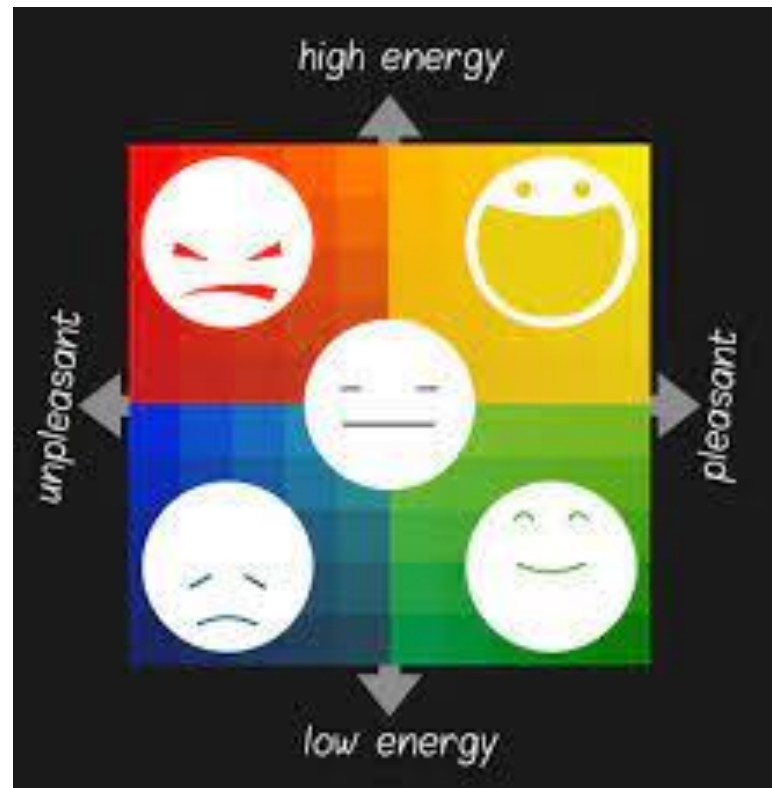
Resilience & Growth

Crises can be transformative



Developing Emotional Vocab and Awareness

How are you feeling?



<https://heartmindonline.org/resources/boost-emotional-intelligence-with-the-mood-meter>

Atlas of Emotions (Anger)

← → ↻ ⌂ Not secure | atlasofemotions.org/#triggers/anger ☆ ⚙️ 👤 ⋮

Apps Google IT Services Library - Trinity Coll... Office 365 Blackboard GiantStationery 10... my.tcd.ie Trinity Web Systems Trinity College Dublin » Reading list

Introduction **Timeline** Experience Response Strategies (English)

ATLAS OF EMOTIONS

The Timeline restart ↻

- ▶ TRIGGER
- ▶ EXPERIENCE
- ▶ RESPONSE
- ▶ EMOTION SATURATION
- ▼ BIG PICTURE
You can select each piece of the timeline and learn how researchers make sense of an emotional episode. Then, continue to the **Experience** section to see how they map

Learn More >

your body becomes tense

you are low on sleep
+
a friend gets angry with you
+
you're reminded of a bully

→

you feel
ANGER

you feel attacked

take a time out
argue
avoid them

ANGER FEAR DISGUST SADNESS ENJOYMENT

<http://atlasofemotions.org/>

Atlas of Emotions (Sadness)

The screenshot displays the 'Atlas of Emotions' website interface. The browser's address bar shows the URL atlasofemotions.org/#triggers/sadness. The website has a navigation menu with 'Introduction', 'Timeline' (selected), 'Experience', 'Response', and 'Strategies'. A sidebar on the left contains the 'ATLAS OF EMOTIONS' logo, a 'The Timeline' section with a 'restart' button, and a 'BIG PICTURE' section explaining the site's purpose. The main content area features a diagram for 'SADNESS'. It shows a central blue circle labeled 'you feel SADNESS'. To its left, three triggers are listed: 'listening to sad music', 'a friend gets angry with you', and 'it reminds you of rejection', connected by plus signs and an arrow pointing to the central circle. Above the circle is the text 'your body weakens' and below it is 'you feel empty'. To the right of the circle, three responses are listed: 'call a loved one', 'be ashamed', and 'ignore the feeling', connected by dashed arrows. At the bottom, a horizontal bar contains five emotion categories: ANGER, FEAR, DISGUST, SADNESS (highlighted), and ENJOYMENT.

← → ↻ ⌂ ⚠ Not secure | atlasofemotions.org/#triggers/sadness

Apps Google IT Services Library - Trinity Coll... Office 365 Blackboard GiantStationery 10... my.tcd.ie Trinity Web Systems Trinity College Dublin » Reading list

Introduction **Timeline** Experience Response Strategies (English)

ATLAS OF EMOTIONS

The Timeline [restart](#)

▶ RESPONSE

▶ EMOTION SATURATION

▼ BIG PICTURE

You can select each piece of the timeline and learn how researchers make sense of an emotional episode. Then, continue to the **Experience** section to see how they map our emotional experiences.

[Learn More](#)

your body weakens

listening to sad music
+
a friend gets angry with you
+
it reminds you of rejection

→

you feel SADNESS

you feel empty

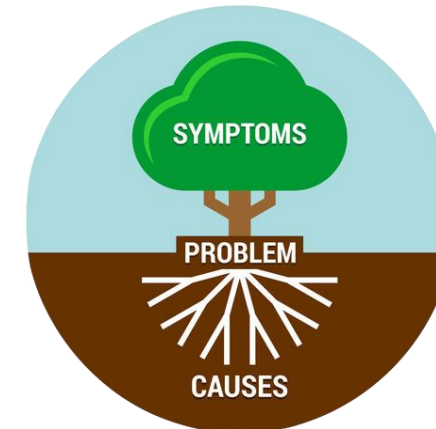
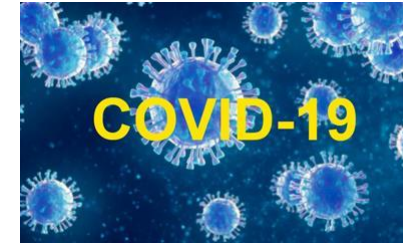
call a loved one
be ashamed
ignore the feeling

ANGER FEAR DISGUST **SADNESS** ENJOYMENT

<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

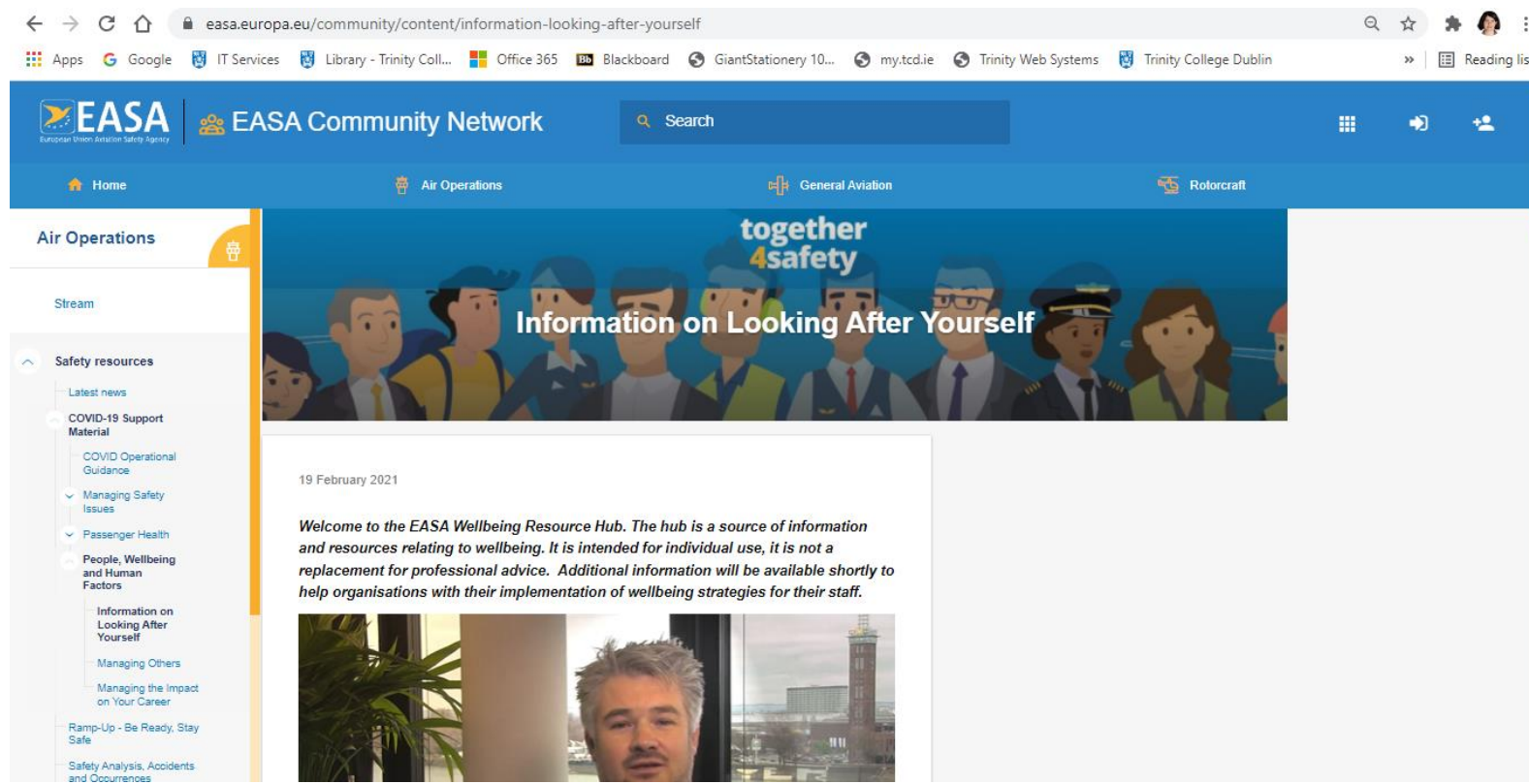


EASA: Ramp Up - Be READY, Stay SAFE



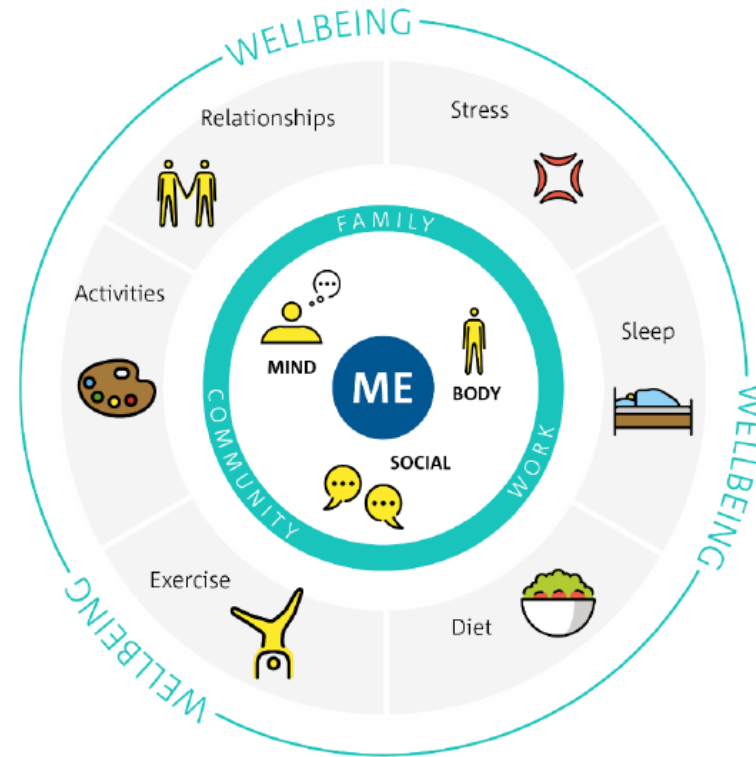
<https://www.easa.europa.eu/community/content/air-operations-together4safety>

People, Wellbeing & Human Factors (EASA Wellbeing Hub)



<https://www.easa.europa.eu/community/content/information-looking-after-yourself>

Wellbeing Wheel (Flight Safety Foundation)

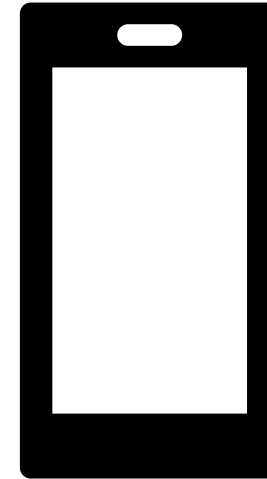


Self Care
Self Compassion
Care for others....

Flight Safety Foundation: An Aviation Professional's Guide to Wellbeing (2020)
(<https://flightsafety.org/wp-content/uploads/2020/04/Guide-to-Wellbeing.pdf>)

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)

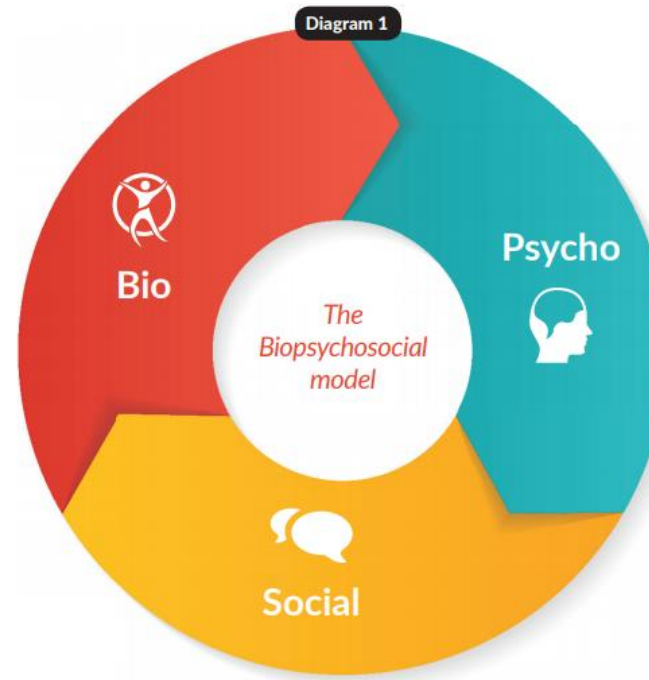


How do I Know? I'm Safe Checklist (Extended)

I'M SAFE CHECKLIST	
	I.....llness Am I suffering from any illness (also common cold etc.)?
	M.....edication Do I currently take any medicine (especially Aspirin etc.)?
	S.....tress Am I stressed due to work, private issues, holiday planning etc.?
	A.....lcohol Did I drink any alcohol during the last hours (or maybe the night before)?
	F.....atigue Did I have enough sleep to safely conduct the flight?
	E.....ating Am I physically fit enough and did I eat / drink enough?

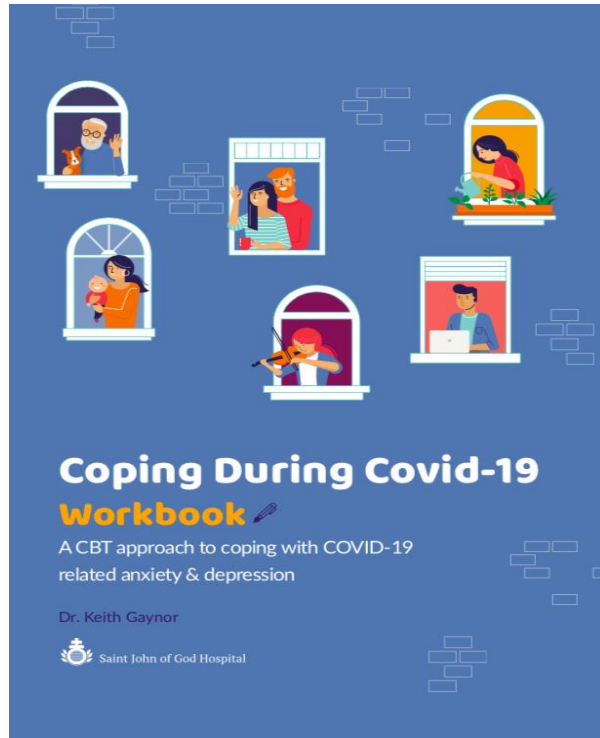
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Addressing health and wellness

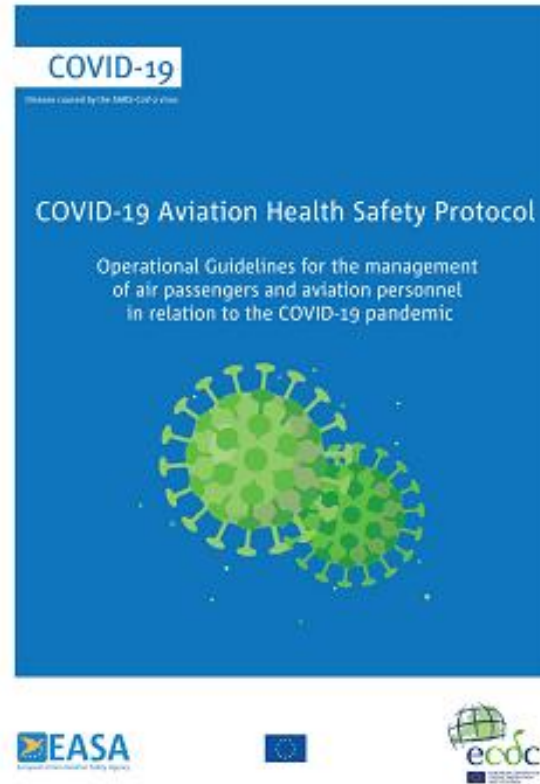


Addressing stress & stress coping

Resources & Guides



https://www.psychologicalsociety.ie/source/SJOG_CopingWithCovidWorkbookFeb21.pdf



<https://www.easa.europa.eu/sites/default/files/dfu/Joint%20EASA-ECDC%20Aviation%20Health%20Safety%20Protocol%20issue%203.pdf>

Resources & Guides



<https://flightsafety.org/wp-content/uploads/2020/04/Guide-to-Wellbeing.pdf>



<https://www.tcd.ie/cihs/assets/pdf/TurbulentTimes.pdf>



Lived Experience Wellbeing Project

BIOLOGICAL - PSYCHOLOGICAL - SOCIAL

<https://www.tcd.ie/cihs/projects/pilot-lived.php>

Supports & Resources

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.

Samaritans	https://www.samaritans.org
WHO (World Health Organization)	https://www.who.int/publications-detail/WHO-2019-nCoV-MentalHealth-2020.1
MIND Mental Health Charity	https://www.mind.org.uk/
The Campaign Against Living Miserably	https://www.thecalmzone.net/
EASA COVID-19 Support Material	https://www.easa.europa.eu/community/content/covid-19-support-material
European Agency for Safety and Health in Work (EU-OSHA)	https://osha.europa.eu/en/themes/covid-19-resources-workplace#pk_campaign=ban_homecw
Flight Safety Foundation	https://flightsafety.org/toolkits-resources/covid-19-safety-roadmap-and-punch-lists/ https://flightsafety.org/wp-content/uploads/2020/04/Guide-to-Wellbeing.pdf
EASA Wellbeing Hub	https://www.easa.europa.eu/community/content/information-looking-after-yourself
EASA Career and Wellbeing	https://rise.articulate.com/share/ohcHIHRBZttVyynyzA7aeFX2x9zBOQYe#/
Stiftung Mayday	https://www.stiftung-mayday.de/en/
Resilient Pilot	https://www.resilientpilot.com/
The European Society of Aerospace Medicine	https://www.esam.aero/
Aviation Action	https://aviationaction.org/
European Aviation Mental Well-being Initiative (EAM-WELL)	http://eppsi.eu/
European Pilot Peer Support Initiative	http://eppsi.eu/european-aviation-mental-well-being-initiative-eam-well/
RAeS	https://www.youtube.com/watch?v=pT8uB7fVV44&feature=emb_title
Aerospace Medical Association (AsMA)	COVID-19 - Aviation Personnel and Mental Health Support (David Schroeder, 2020)
Australian Psychological Association (APA)	https://www.psychology.org.au/getmedia/3821ed7a-1a8a-4e1d-b303-2943ea9ae6b7/20APS-IS-COVID-19-Public-P2_2.pdf
American Psychiatric Association	https://psychiatry.ucsf.edu/coronavirus/coping https://blogs.webmd.com/mental-health/20200409/what-to-do-if-youre-struggling
National Alliance on Mental Illness (NAMI).	https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources
National Institutes of Health	https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits

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!



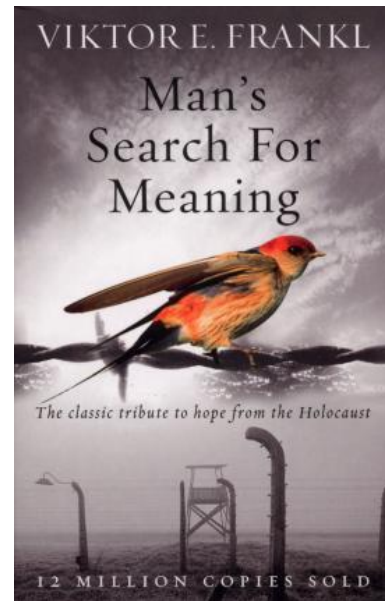
(October to November 2001)

https://tcdecon.qualtrics.com/jfe/form/SV_7QA7WLi7PyoY31I

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)

Conclusions

Anger. Rage. Exhaustion. New Lived Experience.

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)



Ethics of Care Approach

Thankyou



**Lived Experience
Wellbeing Project**

BIOLOGICAL - PSYCHOLOGICAL - SOCIAL

Mind
yourself
&
Mind others

<https://www.tcd.ie/cihs/projects/pilot-lived.php>

Discussion with Panel

