Wellbeing Webinar Overview (Lived Experience Project)

1. Lived Experience Project & Team
2. Understanding Wellbeing
3. COVID
4. Stress Coping (Survey Findings)
5. Wellbeing Questions
6. Tools (pilot level)
7. Research Roadmap
8. Next Steps
9. Conference Preview
10. Resources
11. Questions
PILOT LIVED EXPERIENCE PROJECT

- Capt. Paul Cullen
- Dr. Joan Cahill
- Dr. Keith Gaynor
- Prof. Simon Wilson
- Sohaib Anwer

– Measuring WRS & Wellbeing

– Understanding measuring impact of WRS on wellbeing, performance and safety?

– Why do some pilots cope better than others?

– Change - solutions for pilots and industry?
3 Pillars of Health

**Biological**
- Sleep
- Exercise
- Diet

**Psychological**
- Personal Reflection
  - Meditation
  - Attitude to life
- Stress Management
- Coping Techniques

**Social**
- Increased Social Support
- Decreased Social Pressure
- Support Network
COVID Situation & Need for Resilience

Pre COVID-19, pilots experiencing WRS and wellbeing challenges

COVID: OPERATIONAL SCENARIOS (FSF)

1: In work

2: Off work

3: Going back to work

Is EASA IR/Guidelines Enough?
Have we the right tools to cope (Pilots, Airlines, Industry)?
Resilience & Wellbeing Journey

- **Resilience** is defined as the ‘demonstration of positive adaptation in the face of significant adversity
- It is a response to stressful circumstances, as opposed to a trait or capacity residing in the person (Fikretoglu and McCreary, 2012)

- **Process**
- **Wellbeing Journey** (FSF, 2020)
Wellbeing, the Journey

1. My Wellbeing
2. Our Wellbeing

Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin
3. The Wellbeing Behaviours

- Exercise
- Sleep
- Activities
- Stress
- Diet
- Relationships
4. The Wellbeing Toolkit

You’ve made it!
Now maintain it
3 Wellbeing Questions

How am I feeling?

How am I coping?

What can I do for myself and others?


Stress Coping & Self Management

- People vary in relation to their ability to cope successfully with stress (including WRS)
- The practice of healthy behaviours strengthens the person’s resistance to stress
- Substitution of maladaptive coping with more adaptive coping
- Common stress coping strategies include exercise, the practice or relaxation techniques and seeking social support and/or social participation.
Pilot Lived Experience Survey & Stress Coping

- Anonymous web-based survey with commercial pilots investigating the relationship between sources of WRS, effects on wellbeing and coping mechanisms.
- Nearly 60% are using coping mechanisms to manage WRS and its impact on wellbeing.
- Certain coping strategies are associated with lower depression severity levels.
- Pilots using coping mechanisms such as sleep management, taking physical exercise, diet management and talking to others were found to have lower depression severity levels.

- Not all pilots are suffering
- Individual differences
- Pilots adopting strategies to enable them to cope with various work stressors.
Sources of WRS

Top 11 sources of WRS

- Anti-social hours
- Changing nature of work
- Fresh food?
- Divergence of values
- Inflexible annual leave
- Irregular hours
- Roster uncertainty
- Lack of engagement
- Long duties
- Sedentary nature of job
- Time away from home
- Changing nature of industry
- Difficulties around healthy food
- Irregular meals
- Long duties
- Poor engagement with clients/management
- Sedentary nature of job
- Time away from home
Wellbeing Issues

Wellbeing issues suffered due to job

- Musculoskeletal
- Digestive
- Sleep difficulty
- Respiratory
- Cardiovascular
- Mental disorder
- Loneliness
- Psych disorder

% of respondents

0
10
20
30
40
50
60
70

Coping Strategies
Coping Strategies & Depression Severity

The coping strategies most associated with lower depression severity levels are:
- Focussing on sleep daily
- Focussing on physical exercise several times a week
- Focussing on physical exercise daily
- Focussing on physical exercise 2 to 3 times a month
## Wellbeing Management Across the Three Pillars

<table>
<thead>
<tr>
<th>Pillar</th>
<th>Example</th>
<th>How Am I Doing? Current Rating/ Status? (Good, Ok, Poor)</th>
<th>What Can I Do to Improve this? What Am I Currently Doing to Improve this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biological</td>
<td>Sleep, Diet, Exercise</td>
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<tr>
<td>Psychological</td>
<td>Attitude to life, Mood, Stress Management, Use of Coping Strategies</td>
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<tr>
<td>Social</td>
<td>Support network, social support</td>
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</table>
## Weekly/Daily Checklist

### Weekly To Do

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<thead>
<tr>
<th>AREA</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<td>Relationships</td>
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Research Roadmap: Tools for Pilots, Airline & Industry

1: Pilot Tools (Self Management/Off Duty)
2: Pilot Tools (On Duty)
3: Tools for EAP
4: Tools for Aeromedical Examiners
5: SMS & Flight Planning/Planning & Wellbeing Integration Tools
Next Steps: Wellbeing Community & Virtual Challenge

1. Join a User Community
2. Participate in a wellbeing game/virtual challenge?

In progress

For more information, please email aviationwellbeing@gmail.com
Or see: https://www.tcd.ie/cihs/projects/pilot-lived.php
RAeS 2020 Conference Preview

- Present our latest research
- Solutions to support positive wellbeing for pilots
- Progress: wellbeing community
- Wellbeing challenge/virtual game
Resources

Stress Coping Booklet

Aviation Professional’s Guide to Wellbeing
