

# CALM

## ALERT

Failure to prioritise self-care may lead to degraded psychological, flying, social and/or business functioning

### 1. Physical

- Quality nutrition and quality sleep
- Regular exercise and hydration
- Diaphragmatic breathing

### 2. Gratitude

- Smile and laugh. Stop and smell the roses
- Find gratitude in any/every situation

### 3. Recharge

- Meditation, laugh, yoga, bush walk, a good book.
- Bare feet on grass

### 4. Compassion

- Compassion for self and others
- Mindfulness and positive self-talk

### 5. Perspective

- Invite new ways to 'see' and understand

### 6. Holistic

- Engage and connect wisely - you are the average of the people you hang around

### 7. Knowledge

- Awareness and Education
- Self development

### 8. Clinical

- Medically, dentally, physically and psychologically

## NOTE

Maintaining mental wellness requires small continual effort on a regular basis, preferably daily.



# REACTIVE

---

## ALERT

Failure to prioritise self care may lead to severely degraded performance including impaired cognitive functioning, problematic social interactions and declining physical health.

Flying ability and business operations will be sub-optimal

## ALERT

Alcohol (and other non-prescribed drugs) are to be avoided for best chance of return to positive health.

- 1. Physical (no/min alcohol)**
- 2. Recharge**
- 3. Compassion**
- 4. Clinical**

## ALERT

Great care is to be taken when choosing social circles and interpersonal interactions. Preference towards those with positive mindset and high hedonic tone.

Connection with others is highly important. Isolation is to be avoided.

- 5. Perspective**
- 6. Gratitude**
- 7. Holistic**
- 8. Knowledge**

## NOTE

The sooner recovery actions are commenced, the more likely a return to optimal health, flying ability and business operations is possible.





# DISTRESS

---

## LISTEN UP

Failure to prioritise self-care may result in death.

## LISTEN UP

Clinical assistance is essential for best chance of recovery.

- 1. Consider short break from work and responsibilities**
- 2. Make adjustments at work to support recovery**
- 3. Clinical**
- 4. Physical (no/min alcohol)**
- 5. Recharge**

## LISTEN UP

Great care is to be taken when choosing social circles and interpersonal interactions. Preference towards those with a positive mindset and high hedonic tone.

Connection with others is highly important. Isolation is to be avoided.

## 6. Holistic

## LISTEN UP

Lack of self-compassion will exacerbate psychological decline. It may also increase the possibility of suicide.

## 7. Compassion

## NOTE

The sooner recovery actions are commenced, the more likely a return to optimal health, flying ability and business operations is possible.



# BURNOUT

---

## ALERT

Failure to prioritise self care may lead to severely degraded performance including impaired cognitive functioning, problematic social interactions and declining physical health.

Flying ability and business operations will be sub-optimal

## NOTE

Burnout is classified as an 'occupational syndrome', it is not a standalone clinical diagnosis. However, burnout does have severe impacts on sufferer's mental and physical health.

Perfectionism is a predisposing personality trait.

Burnout can occur in both paid and unpaid settings.

### Defined as:

- Exhaustion
- Loss of empathy towards service recipients or cynicism directed towards one's job
- Reduced professional accomplishment

### 1. Clinical

- Consult a mental health professional - is it burnout or another condition?

### 2. Self

- Tweak predisposing personality style - modify unhelpful thinking patterns (avoid all/none)

### 3. Recharge

### 4. Physical (no/min alcohol)

### 5. Make adjustments to work environment to support recovery

### 6. Consider change in work and responsibilities