

MAINTAINING GOOD MENTAL HEALTH

CAUTION

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

1. Gratitude

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

2. Recharge

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

3. Compassion

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

4. Contribute

- Give your time to a cause you're passionate about

5. Physical

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

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/POOR MENTAL HEALTH

CAUTION

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

CAUTION

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

CAUTION

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

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

5. Holistic

6. Gratitude

7. Knowledge

8. Contribute

NOTE

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

MENTAL ILLNESS

WARNING

Failure to prioritise self-care may result in death.

WARNING

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

WARNING

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

WARNING

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.

