

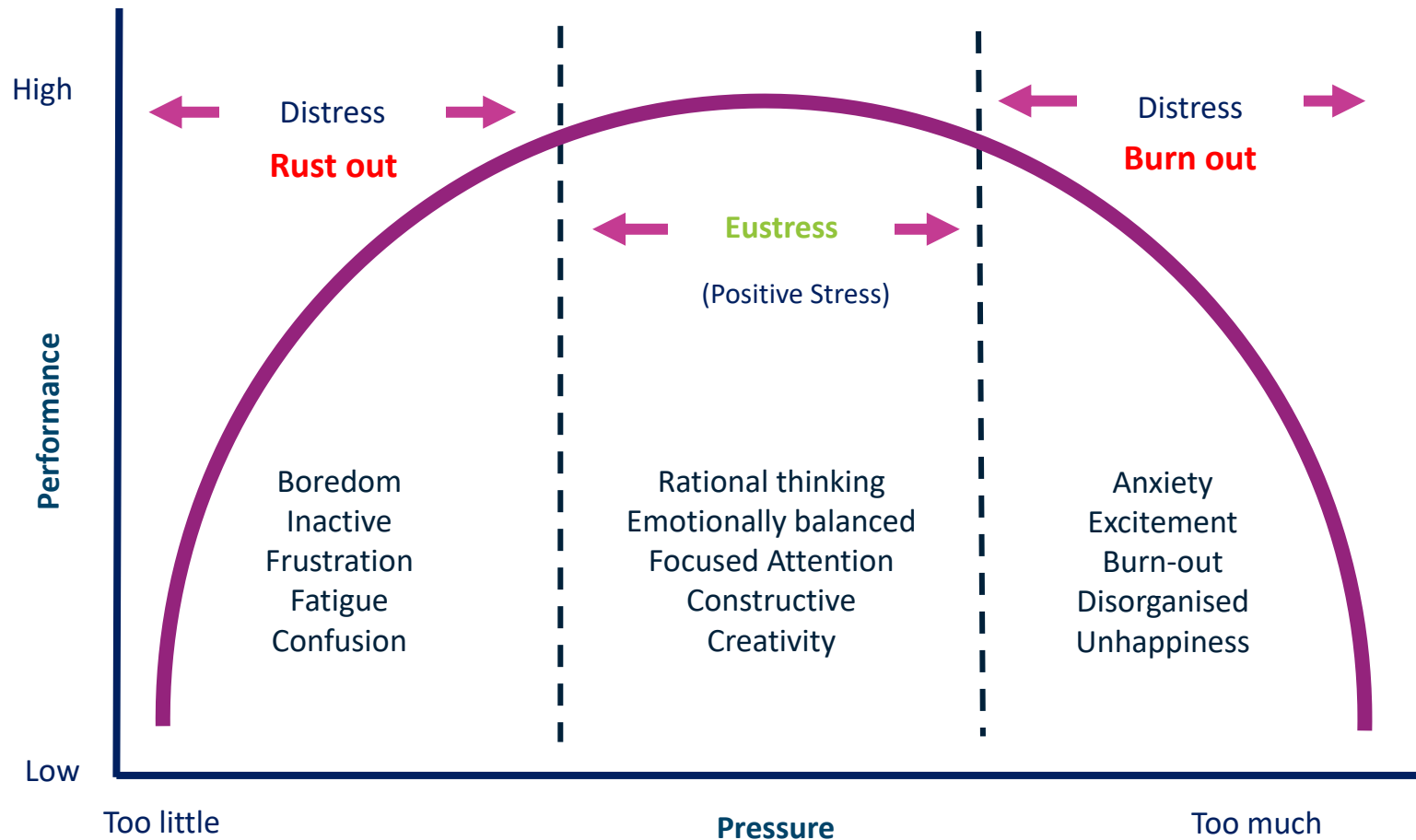


**SYMBIOTICS**

**KAREN MOORE** CPsychol CSci AFBPsS CPBP MRAs

# CABIN CREW MENTAL WELLBEING: POST COVID 19

# IS STRESS ALWAYS NEGATIVE?



# WHAT CAUSES STRESS?



Survival

Love and  
Belonging

Freedom and  
Autonomy

Power and  
Achievement

Fun and  
Enjoyment

Control



SYMBIOTICS

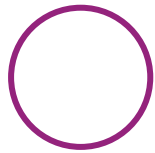


# RECOGNISING THE SIGNS OF STRESS

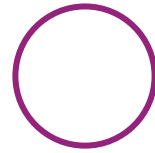
Physical Signs	Emotional and Cognitive Signs	Behavioural Signs
Allergies	Anxiety and Nervousness	Self-neglect
Skin irritation/rashes	Guilt	Sleeping problems and insomnia
Indigestion	Feeling out of control	Increased alcohol or drugs
Nausea	Anger	Increased smoking
Constipation / Diarrhoea	Cynicism	Nervous behaviours e.g. nail biting
Shaking	Feeling Drained and Lethargic	Taking work home
Sudden weight gain or loss	Helplessness	Withdrawal from people
Aches and pains e.g. headaches	Excessive day dreaming	Work impaired
Muscle twitches	Lack of concentration and focus	Tiredness
Breathlessness	Lack of self-esteem	Accident prone
Frequent colds, coughs and infections	Lack of confidence	Forgetful and disorganised
Tight chest / chest pain	Blame	Unable to relax
Loss of sexual desire and/or ability	Whinging and moaning	Loss of appetite / overeating
Recurring Illness	Weepiness	Irritability
Clenched Fists	Swings in mood	Speech impaired
Menstrual changes	Constant worrying	Poor time management
Low energy	Negativity and pessimistic	Procrastination and avoiding responsibility



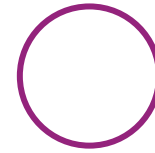
# TRUE PERILS OF THE WORK ENVIRONMENT



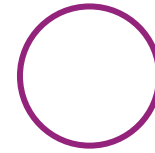
The FA is the only person on an aircraft who is engaged in physical activity whilst subjected to reduced oxygen levels.



Average age (of US FAs) is higher than that of the overall US workforce.



After adjusting for inflation, median wages for US flight attendants has fallen by 26% since 1980. By comparison, the median wages of all US workers has fallen by 13%.



Constantly exposed to poor cabin air quality, cosmic ionising radiation, high ozone levels, pesticides from cabin disinfection, high levels of occupational noise, disruption of circadian rhythms, heavy physical job demands, verbal and sexual harassment.



# THE CURRENT CLIMATE

- Job security
- Changes to working conditions
- Anxious passengers
- Worry for own health



**SYMBIOTICS**



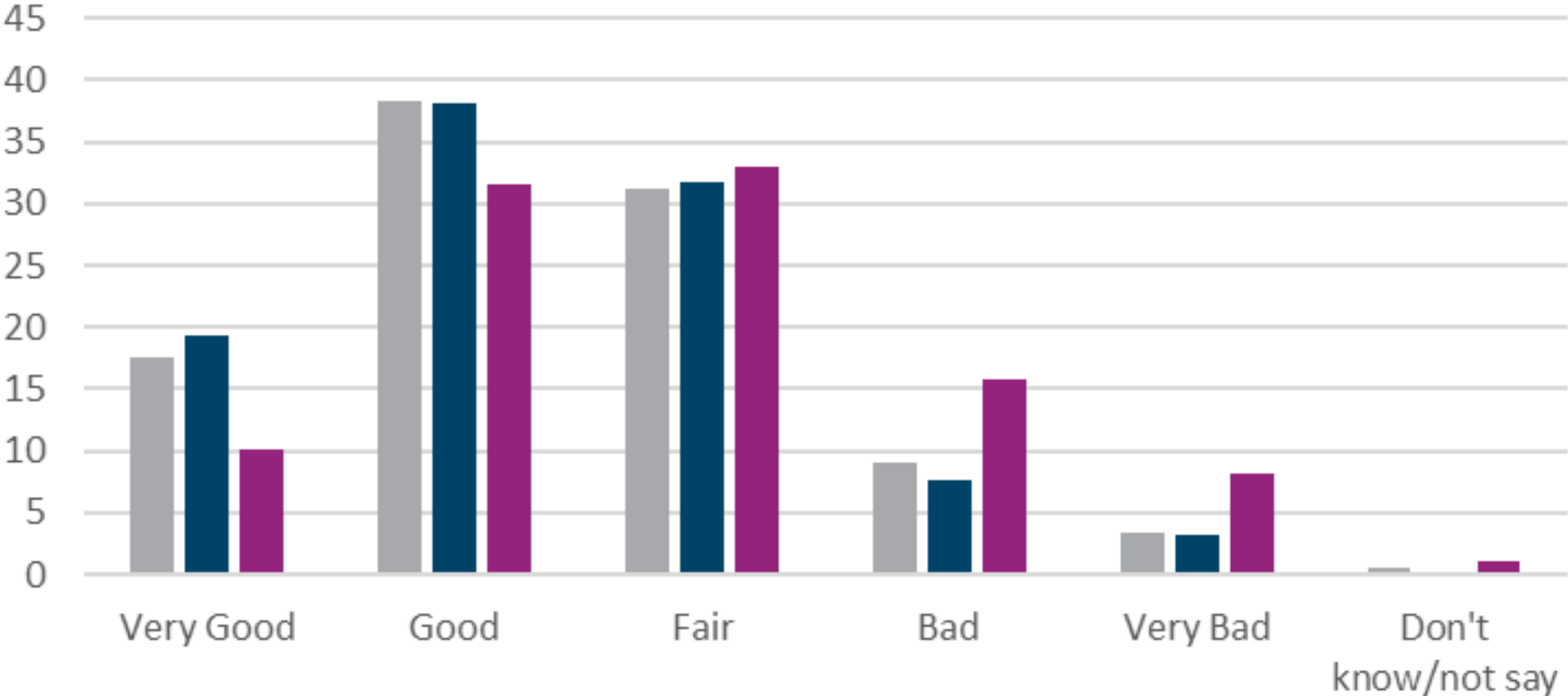
# CABIN CREW STUDIES

- Two studies specifically looking at Cabin Crew and the impact of Covid19 – Trinity College Dublin, and Gottingen, Germany



**SYMBIOTICS**

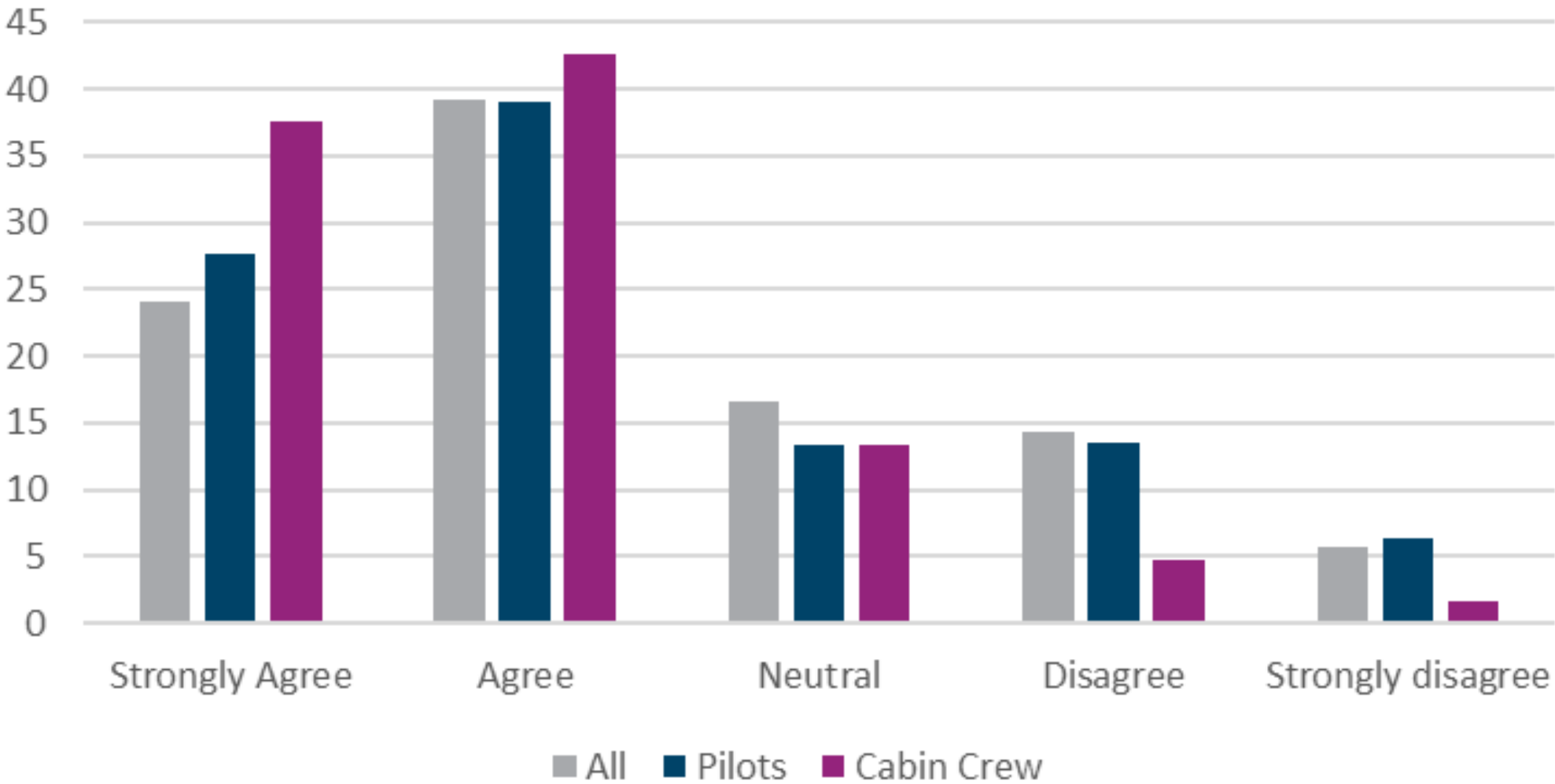
# Self-reported Mental Health



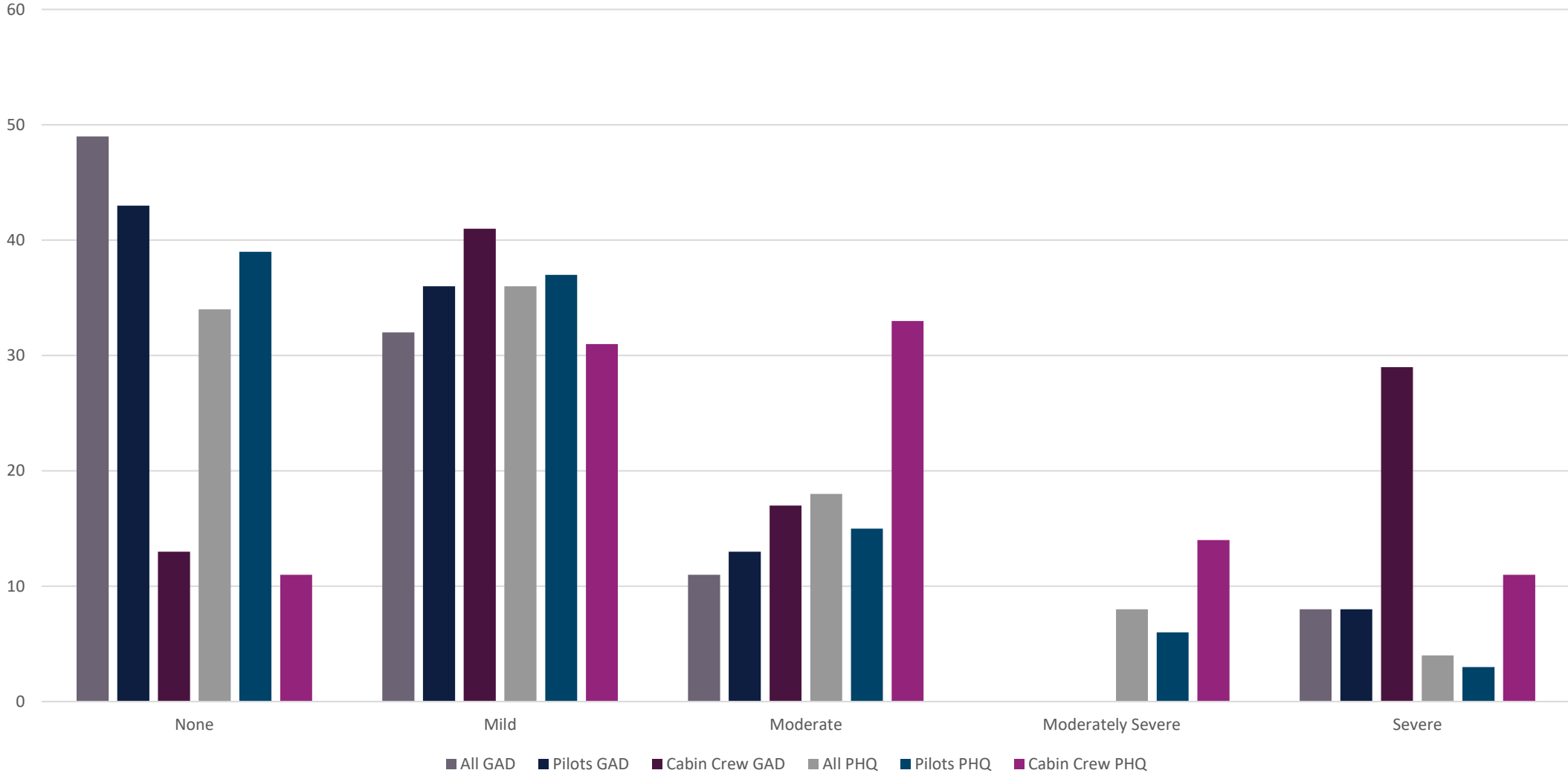
■ All ■ Pilots ■ Cabin Crew



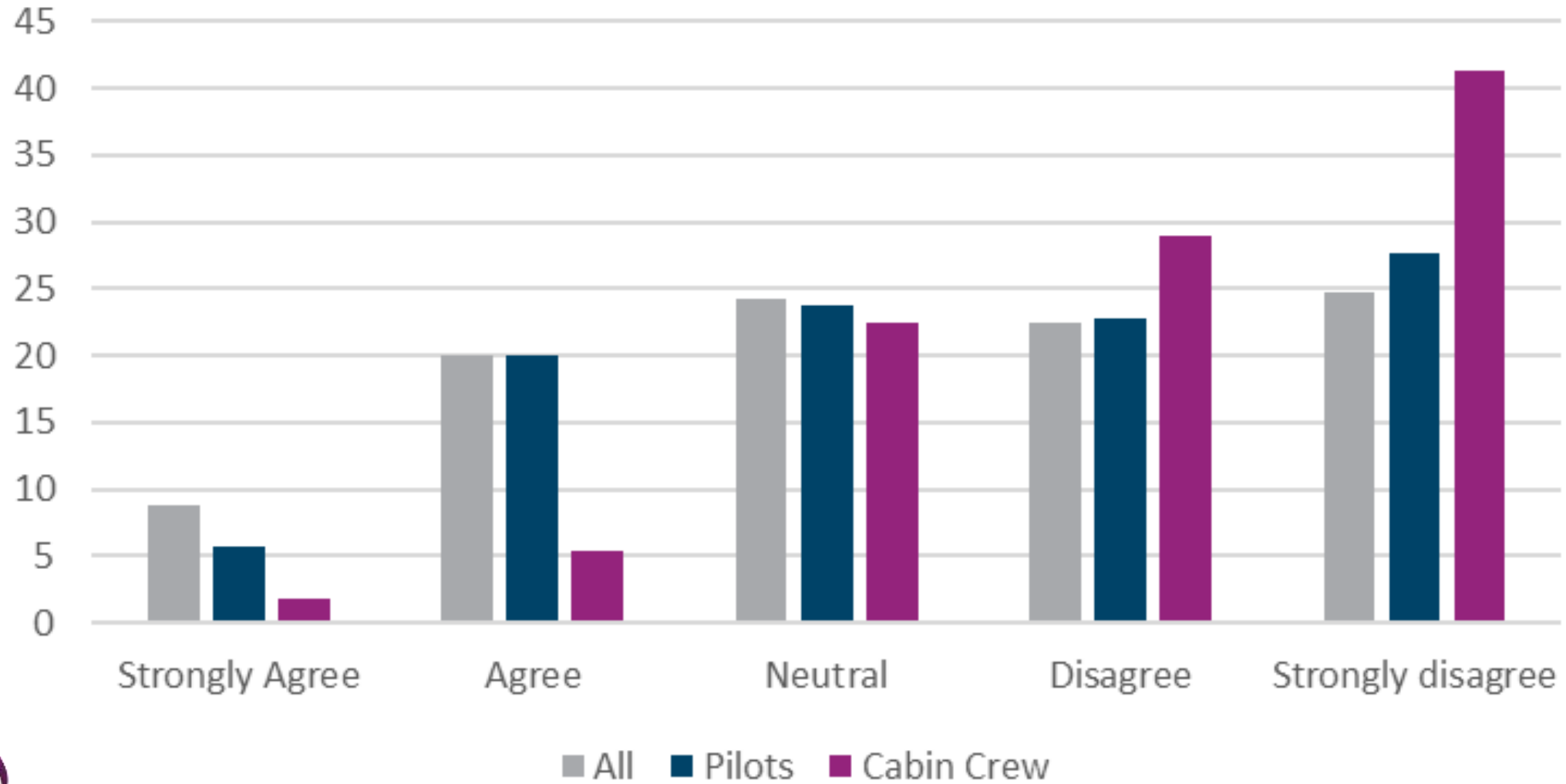
# My mental health has worsened during Covid19



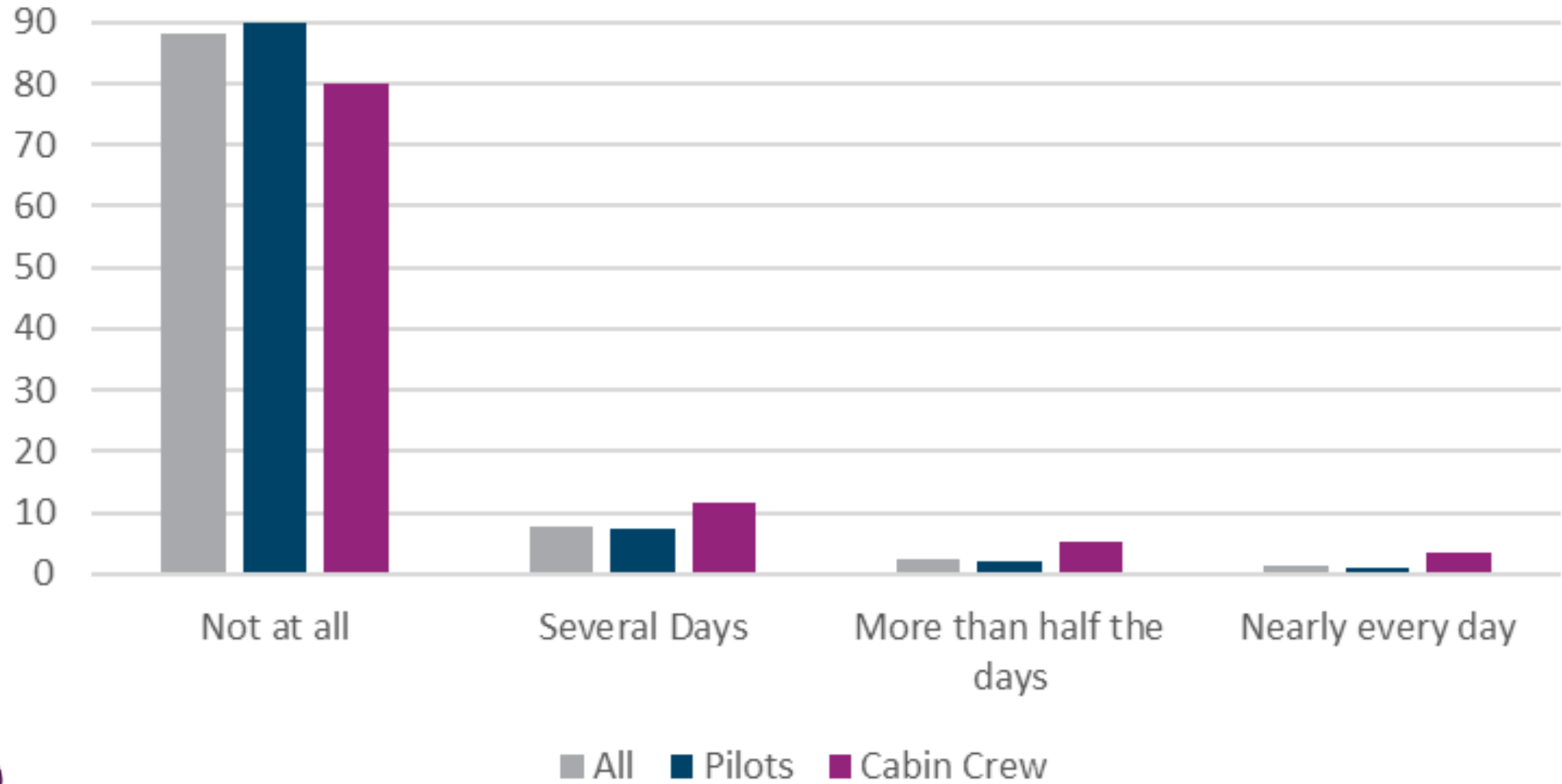
# Anxiety(GAD) and Depression (PHQ) Severity



## My company cares about my wellbeing

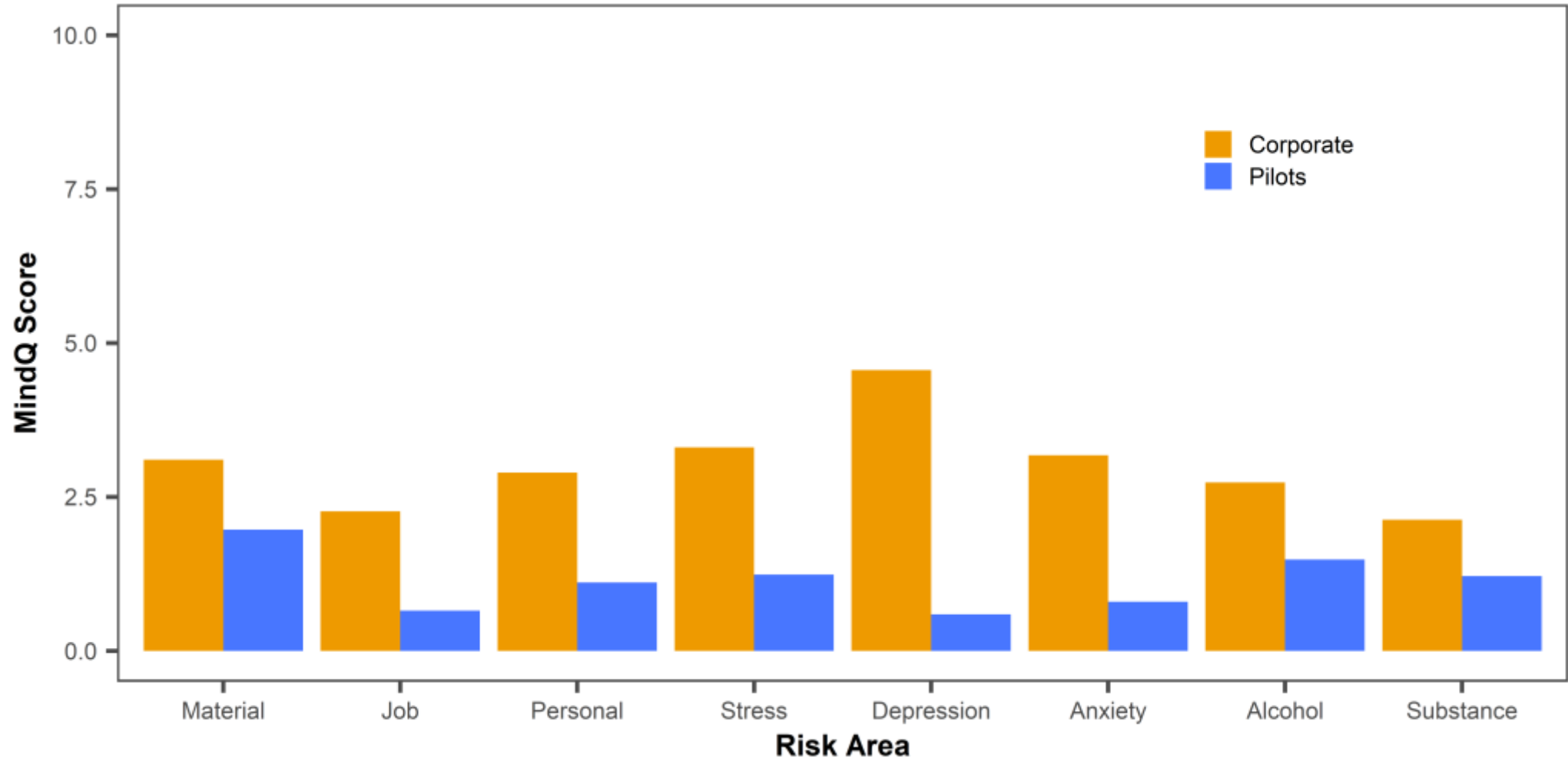


## Suicidal thoughts

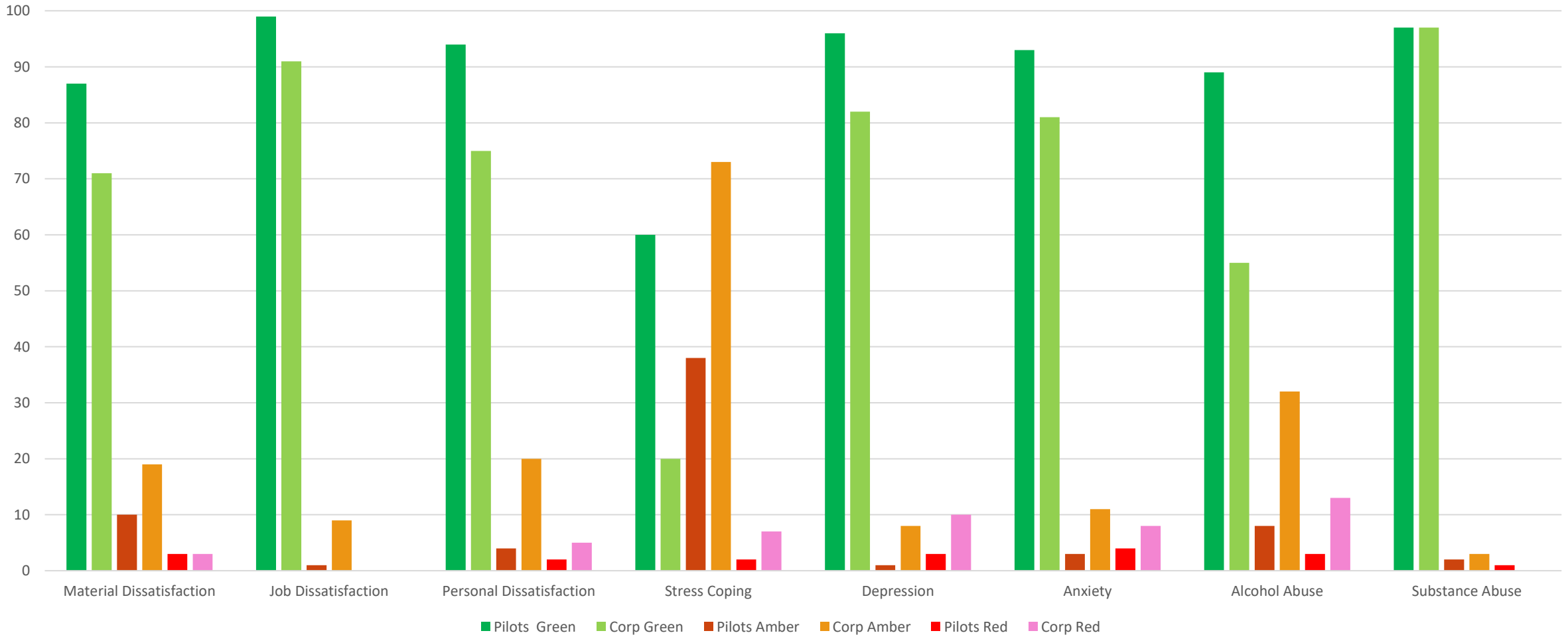




# Overview: MindQ Scores of Pilots and Corporate Employees



## Pilot vs corporate risk levels (%)



# TOP TIPS FOR MENTAL WELLBEING

- 👍 Don't look for negativity
- 👍 Physical exercise
- 👍 Eat and drink well
- 👍 Use your support network
- 👍 Check your coping strategies
- 👍 Niksen
- 👍 Lower your expectations



# THE SHED MODEL OF WELLBEING

Hydration

Exercise



Sleeping

Diet





THANK YOU  
FOR LISTENING



Teme House,  
Whittington Road,  
Worcester, UK  
WR5 2RY



[www.symbioticsltd.com](http://www.symbioticsltd.com)



+44 (0) 7760 173756



[Karen.moore@symbioticsltd.com](mailto:Karen.moore@symbioticsltd.com)