



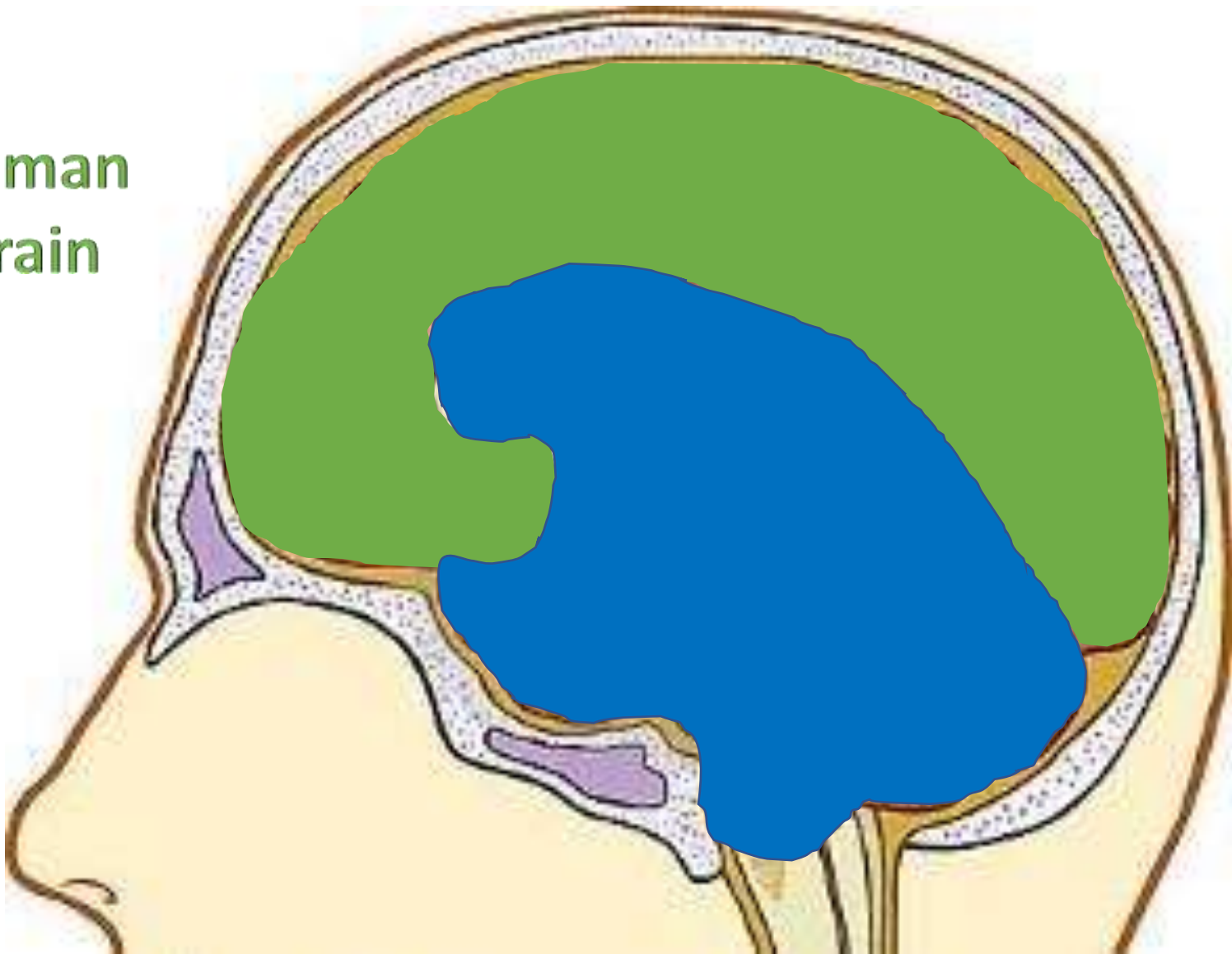
# Real-World Insights into Pilot Mental Health

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BA(Hons), DipHE, PgCert, FRAeS, FHEA

**Aviation Lecturer, Examiner, Instructor**

**Human  
Brain**

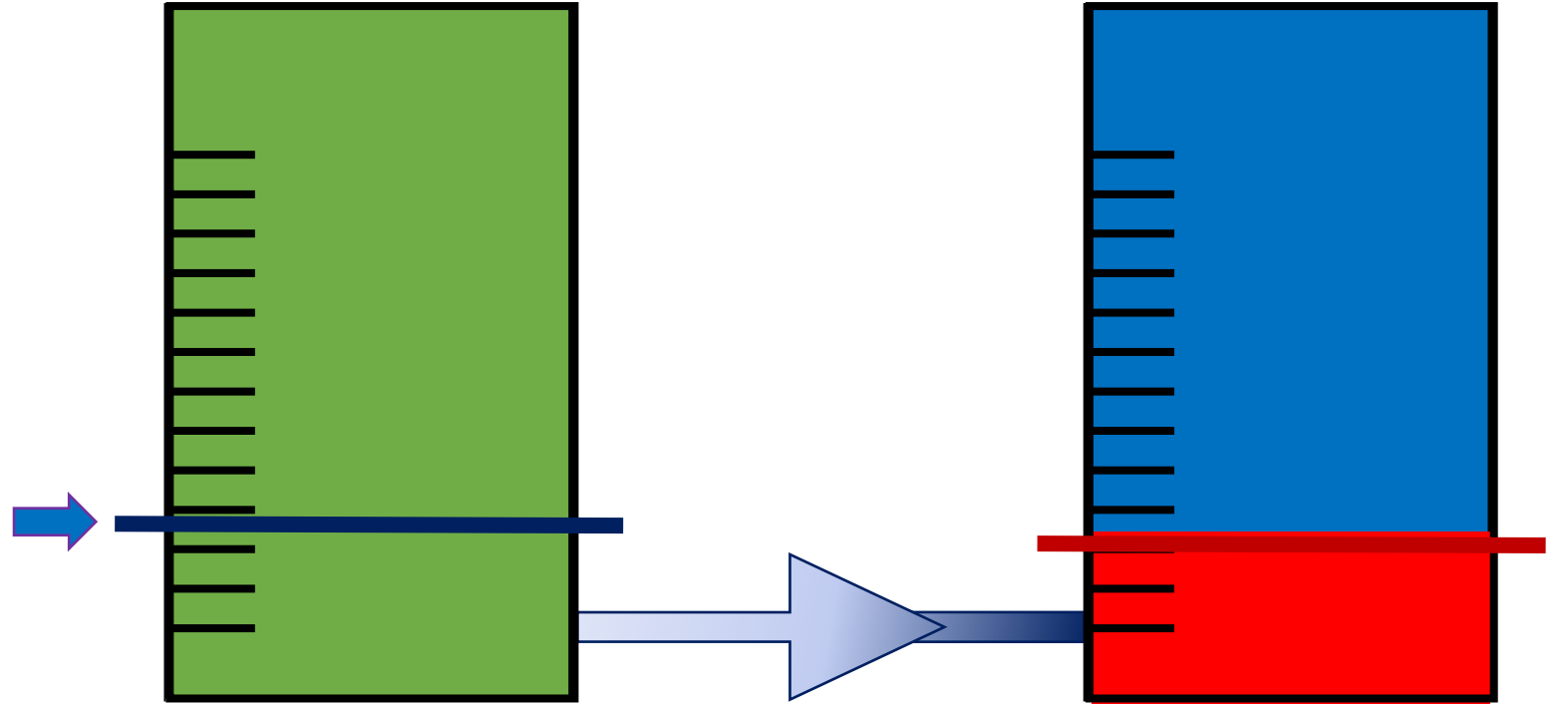


**Chimp  
Brain**

~~Drugs~~  
~~Alcohol~~

Human  
Brain

Chimp  
Brain



~~Drugs~~

~~Alcohol~~

Strong emotions

Disturbed sleep

Upset circadian rhythms

Fatigue

Inactivity

Poor nutrition

Lack of agency

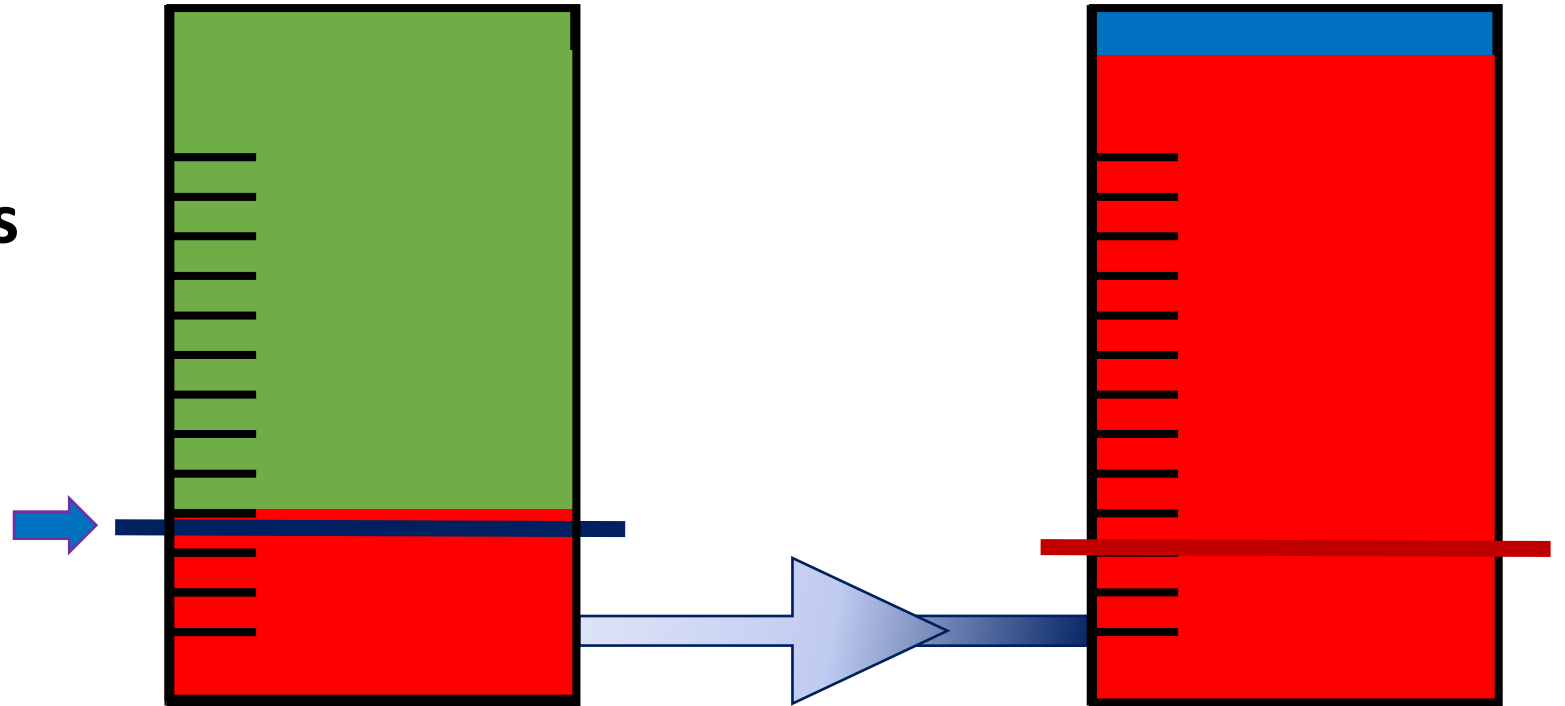
Lack of control

Anxiety

Stress

Human  
Brain

Chimp  
Brain

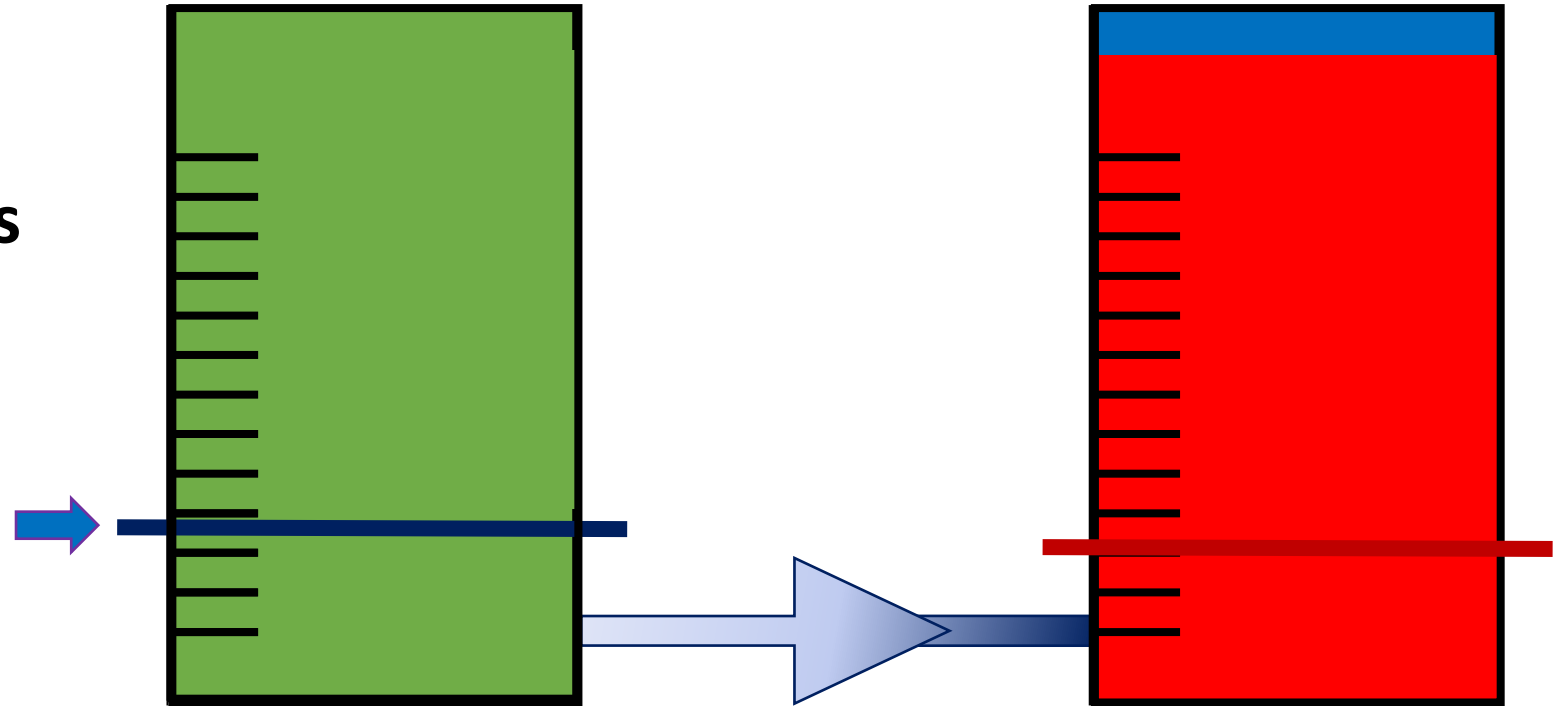




**Drugs**  
**Alcohol**  
**Strong emotions**  
**Disturbed sleep**  
**Upset circadian rhythms**  
**Fatigue**  
**Inactivity**  
**Poor nutrition**  
**Lack of agency**  
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**Human  
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**Chimp  
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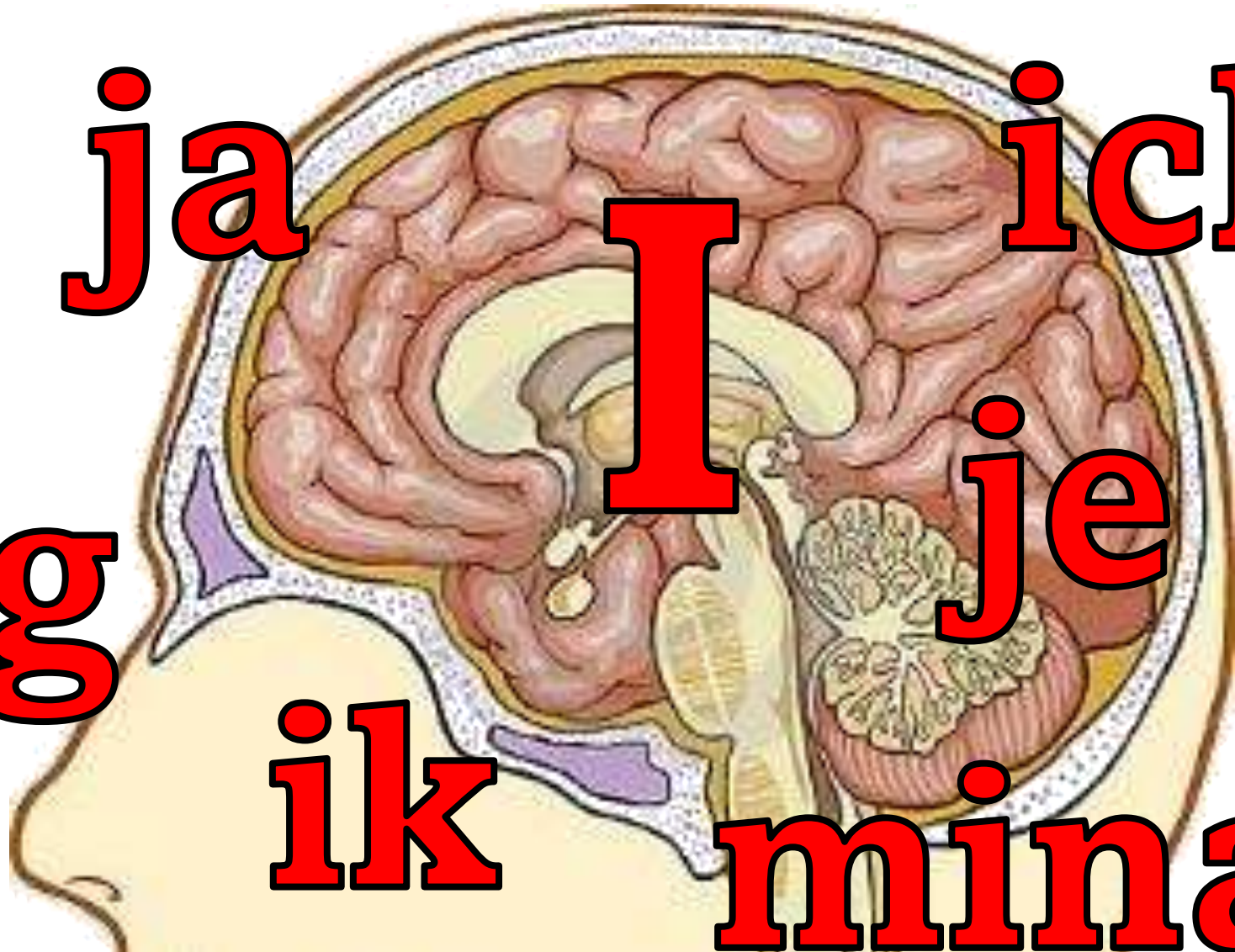
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*It's okay  
Not to be okay*



## CONNECT

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

## BE ACTIVE

## TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

## KEEP LEARNING

## GIVE

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

**Self-respect**

Don't wait for someone to help YOU because it will never happen

Only YOU have the power to build yourself up.

Only YOU can make your dreams come true;  
No one else will do it for YOU.

YOU have the power to achieve anything you want in life!

Communication

Listens actively and demonstrates understanding when receiving information

## Communication

## Problem Solving and Decision Making

Monitors, reviews and adapts decisions as required



## Workload Management

Competency	Competency Description	Behavioral indicator
Workload Management	Identifies and applies procedures in accordance with published operating instructions and applicable regulations, using the appropriate knowledge.	<p>Seeks and accepts assistance, delegates when necessary and asks for help early</p> <p>Follows SOP's unless a higher degree of safety dictates an appropriate deviation</p> <p>Identifies and follows all operating instructions in a timely manner</p> <p>Correctly operates aircraft systems and associated equipment</p> <p>Complies with applicable regulations.</p> <p>Applies relevant procedural knowledge</p>



**Economic abuse including coerced debt controlling spending**

**Isolating a person from their friends and family**

**Reputational damage**

**Taking control over aspects of their everyday life, such as where they can go, who they can see, what to wear and when they can sleep**

**Depriving them of their basic needs**

**Monitoring their time**

**Monitoring a person via online communication tools or using spyware**

**Repeatedly putting them down such as telling them they are worthless**

**Enforcing rules and activity which dehumanise a person**



Economic abuse including coerced debt, controlling spending

Isolating a person from their friends and family

Reputational damage

Taking control over aspects of their everyday life, such as where they can go, who they can see, what to wear and when they can sleep

## **Economic abuse including coerced debt**

Depriving them of their basic needs

Wasting their time

Monitoring a person via online communication tools or using spyware

Repeatedly putting them down such as telling them they are worthless

Enforcing rules and activity which dehumanise a person