



Stress Management & Mental Resilience

Tips for Aviation Personnel

YOUR HEALTH
Matters!

Experiencing stress is normal and everyone manages it differently.

Stress can build up over time and negatively impact flight safety.

Chronic stress causes harm to your physical and mental well-being.

Learn to recognize the early signs of unmanaged stress to reduce the risk of errors.



Incorporate stress management tools (e.g. mindfulness, exercise or meditation) in your pre- and post-flight routine.



Avoid harmful coping mechanisms such as drugs, alcohol or non-prescribed medications.



Seek help: it makes returning to flight duties possible and supports a long aviation career.



Talk to your colleagues, family and friends - they may not know you are struggling.



Reach out to your primary care provider or a mental health professional for more information and support.



Managing stress protects your well-being and help keep flight operations safe!