



**SAFOPS #2 – 25 JUNE 2020**



# BioPsychoSocial model of Health

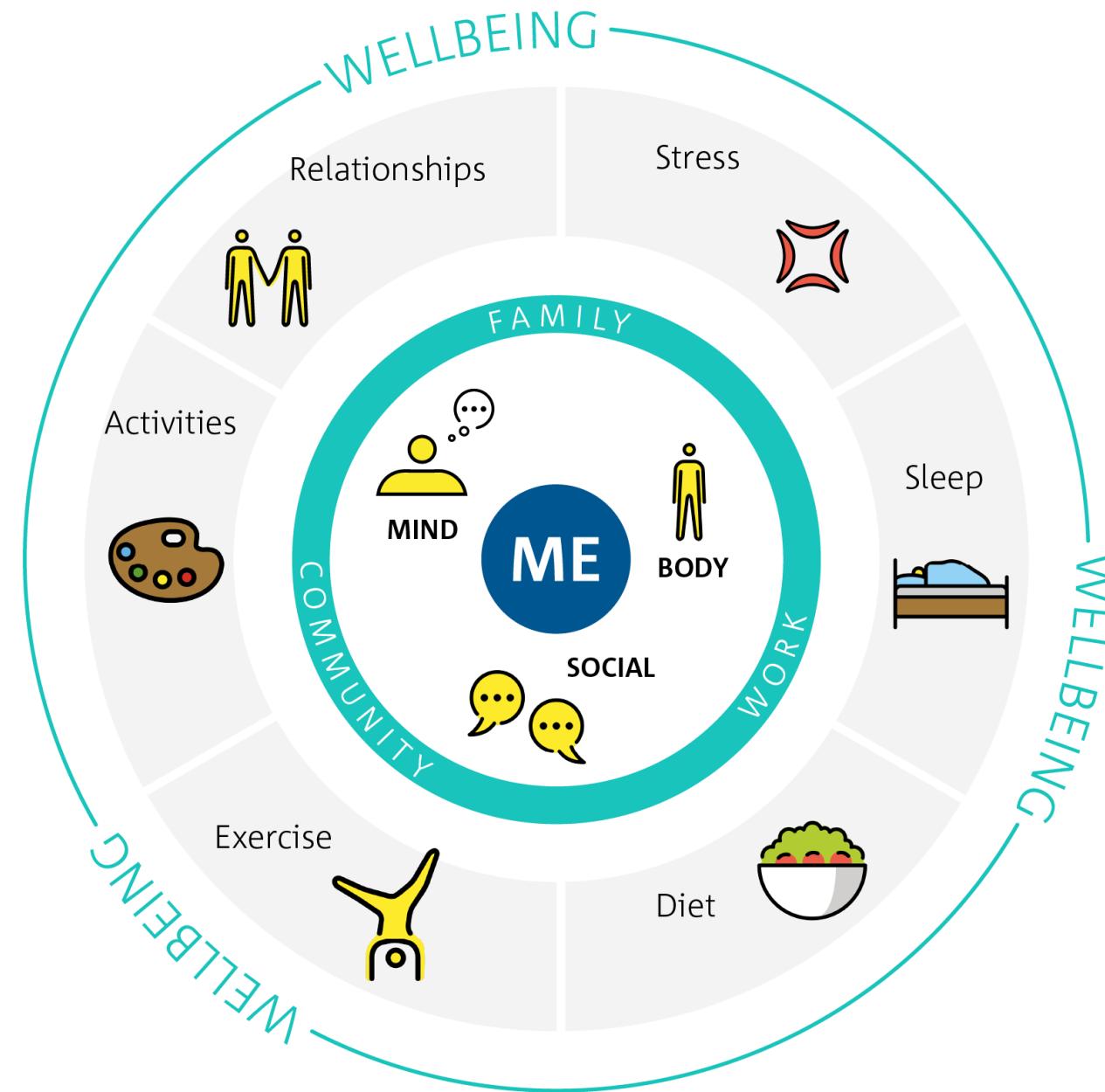


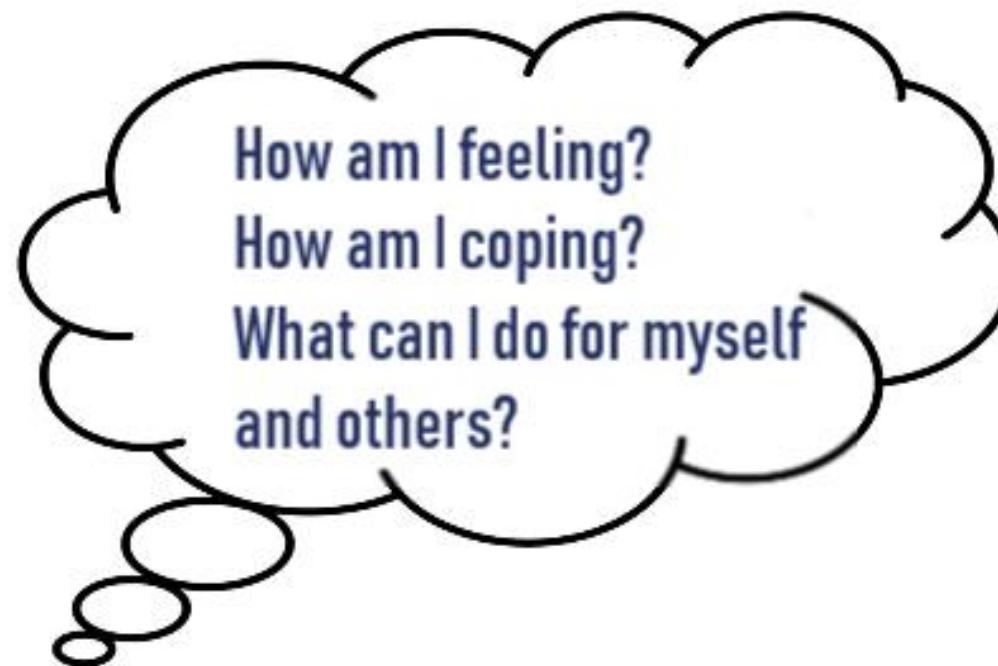
# Wellbeing Impacts

- Nature and quality of relationships with others
- Human performance –awareness, decision making, concentration
- Professional performance directly affects safety.

# Foundations

- Study of 1,059 aviation professionals (Trinity College, Dublin)
- Key lifestyle behaviours and coping strategies - resilience
- Sources of work-related stress common to all aviation workers
- Lifestyle factors and coping strategies adopted by the most resilient group should offer substantial well-being benefits for all





# SLEEP

## IMPACTS

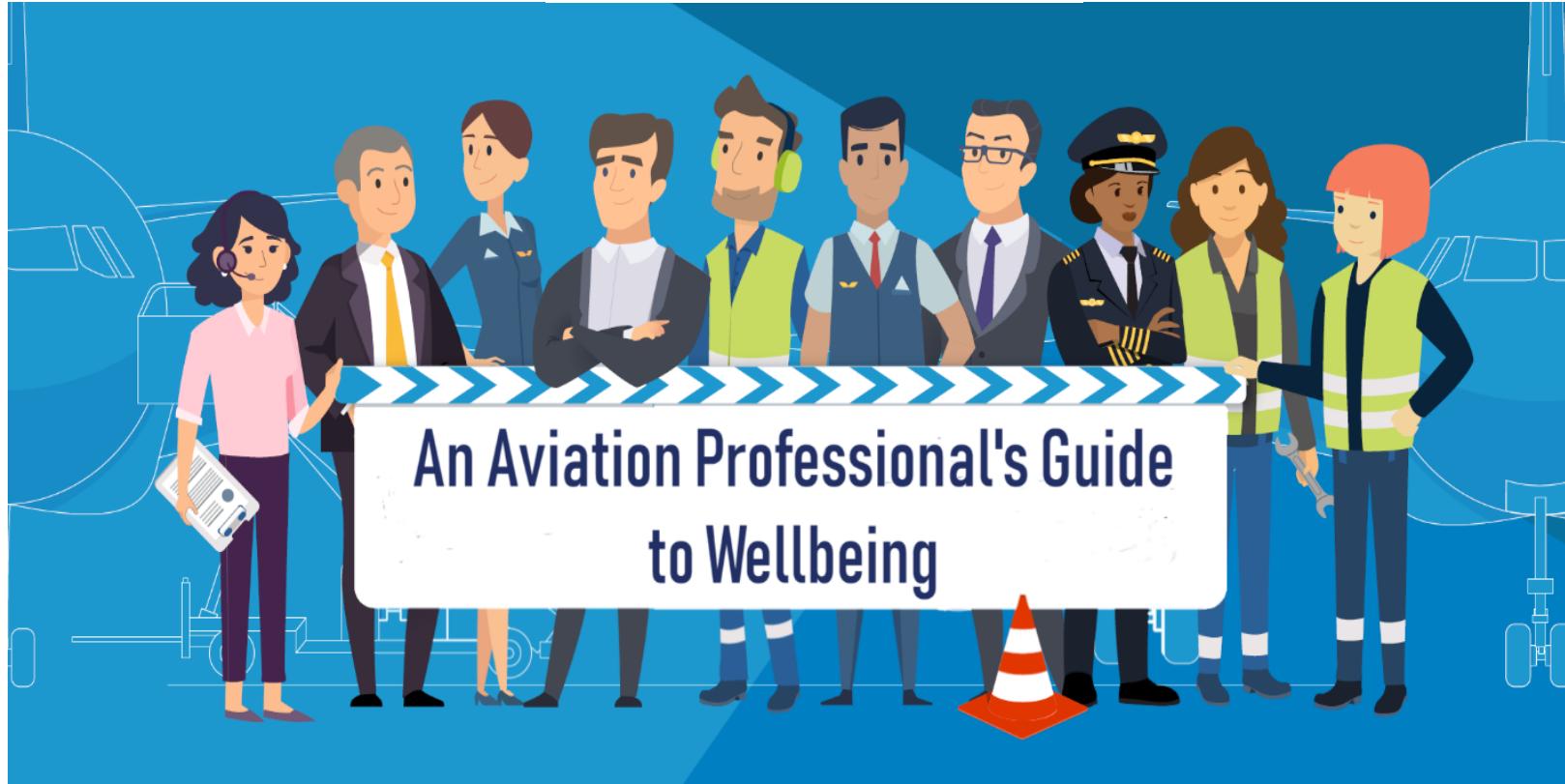
Area	Potential signs of poor sleep
Body	Fatigue, not feeling rested on waking, tension headaches, snacking, clumsiness
Mind	Irritability, low mood, poor judgement, poor attention and focus
Social	Abrasiveness, inattentiveness, distractedness, impatience

## ACTIONS

Actions
<ul style="list-style-type: none"><li>• Set regular hours for going to bed and waking up<sup>1</sup></li></ul>
<ul style="list-style-type: none"><li>• Ensure your sleeping room is quiet, dark and at a suitable temperature (typically about 18C)</li></ul>
<ul style="list-style-type: none"><li>• Do not eat heavily or consume caffeine or alcohol less than 2 hours before you go to bed<sup>2</sup></li></ul>
<ul style="list-style-type: none"><li>• Ensure you get some physical activity during the day<sup>3</sup></li></ul>
<ul style="list-style-type: none"><li>• Spend some time reading, chatting or reflecting on the day before settling down to sleep<sup>4</sup></li></ul>
<ul style="list-style-type: none"><li>• Do not use phone/tablet or pc screens less than one hour before settling down<sup>5</sup></li></ul>
<ul style="list-style-type: none"><li>• If you cannot sleep, get up and do something productive but low effort then return to bed</li></ul>

## Wellbeing, the Journey





<https://flightsafety.org/wp-content/uploads/2020/04/Guide-to-Wellbeing.pdf>