

Resilience

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EASA:

The ability of a flight crew member to recognize, absorb and adapt to disruptions

Resilience

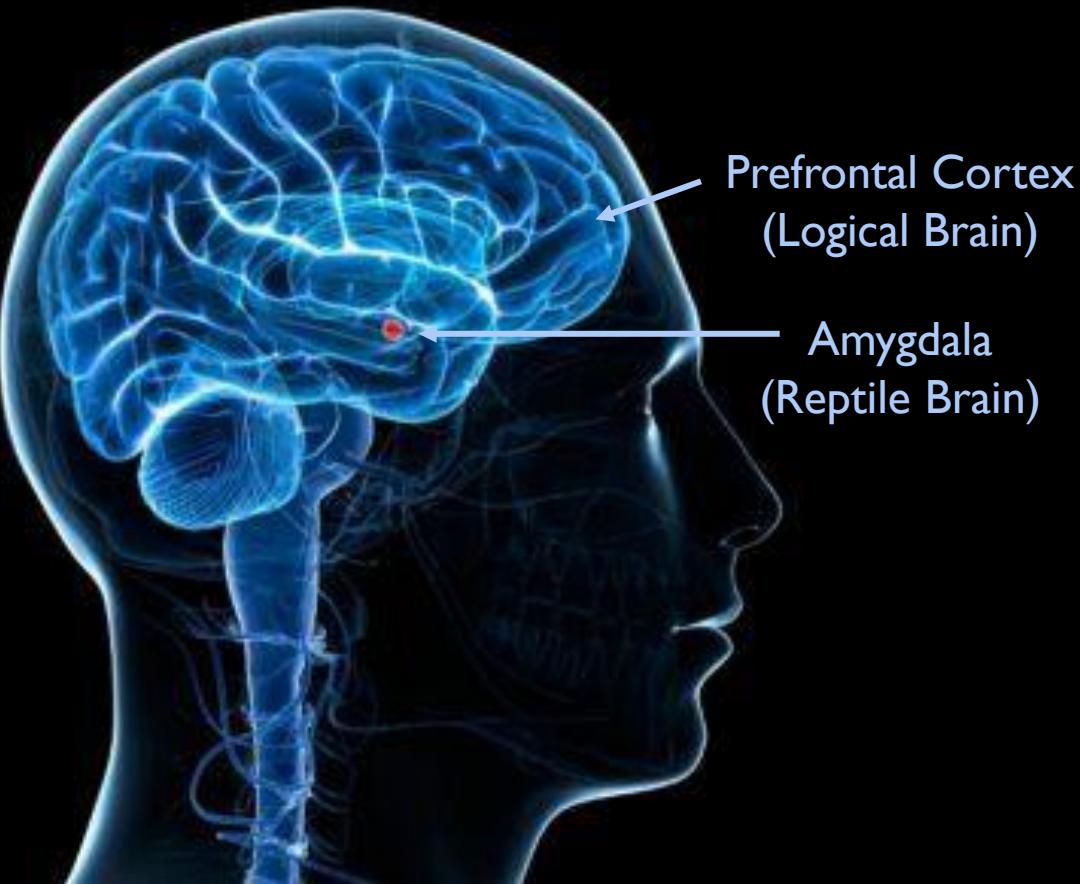
EASA:

The ability of a flight crew member to recognize, absorb and adapt to disruptions

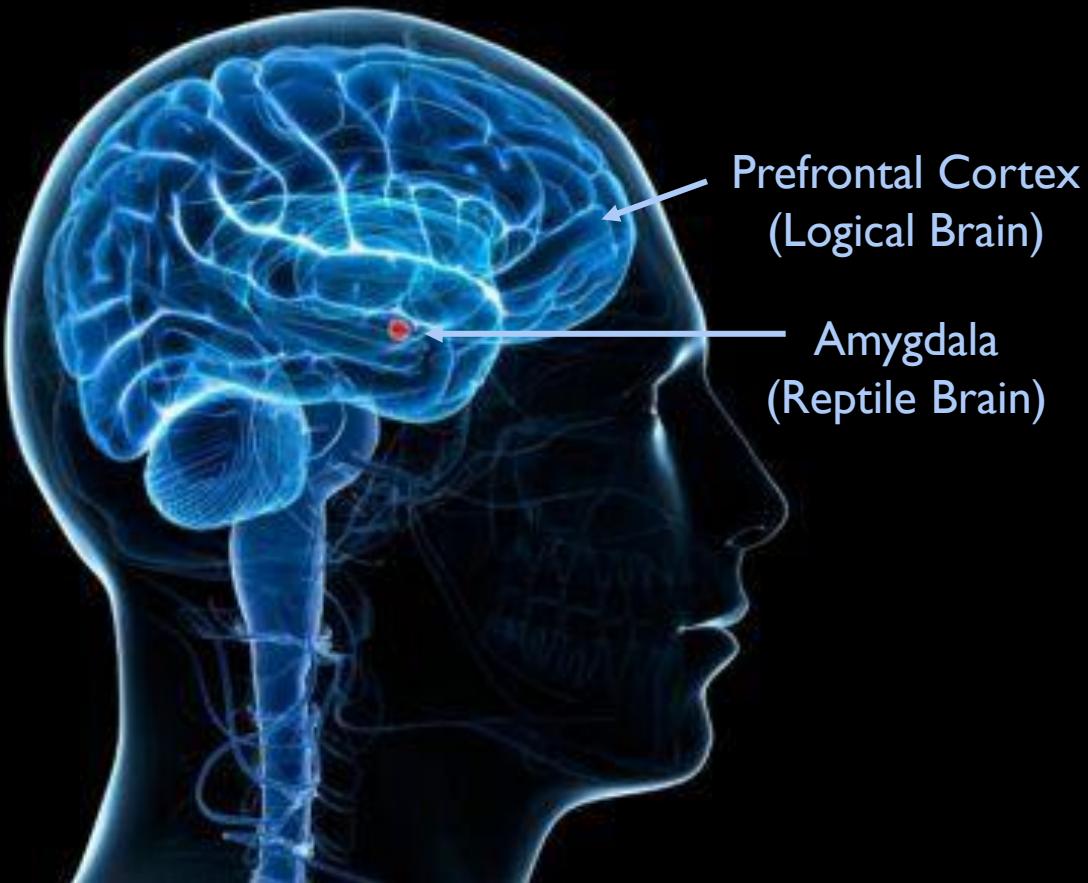
Dr. Robert Brooks,(Harvard Medical School):

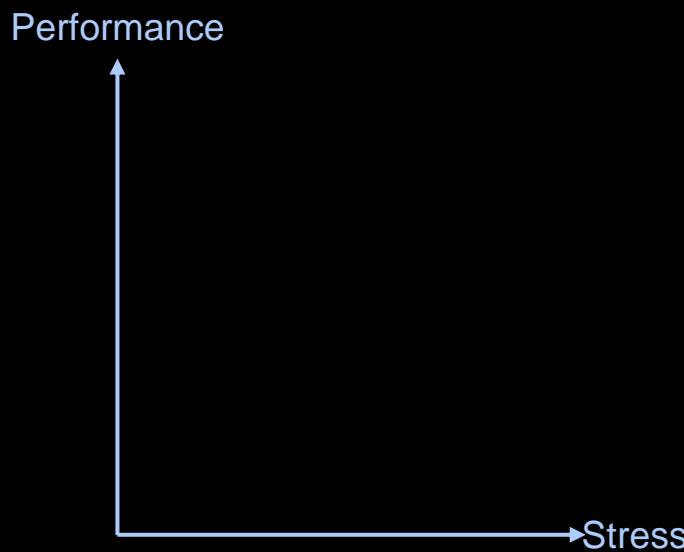
The capacity to bounce back from adversity

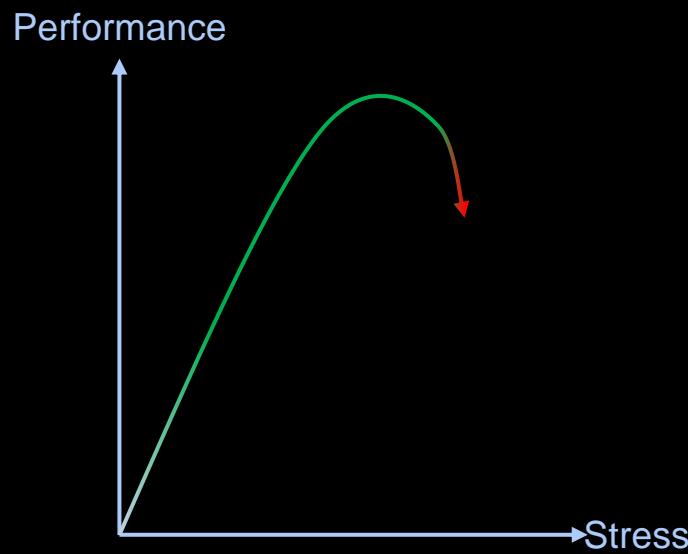
Knowledge about your Brain

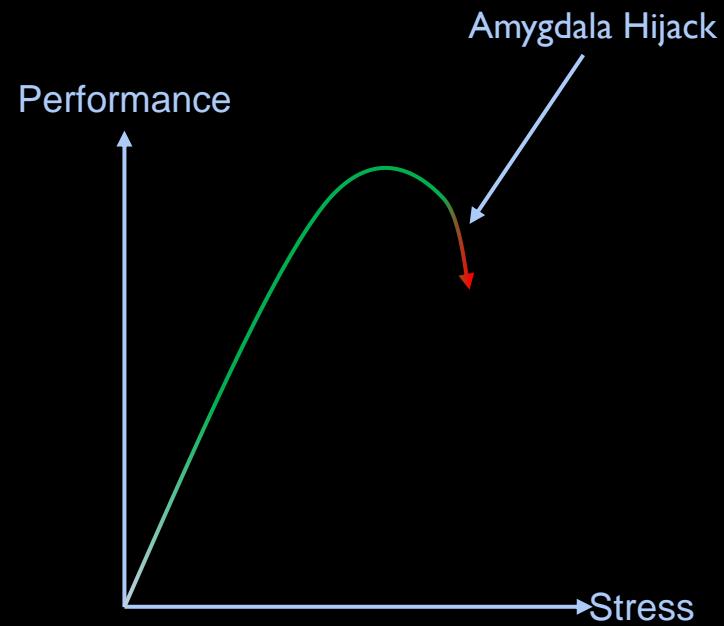


Amygdala Hijack

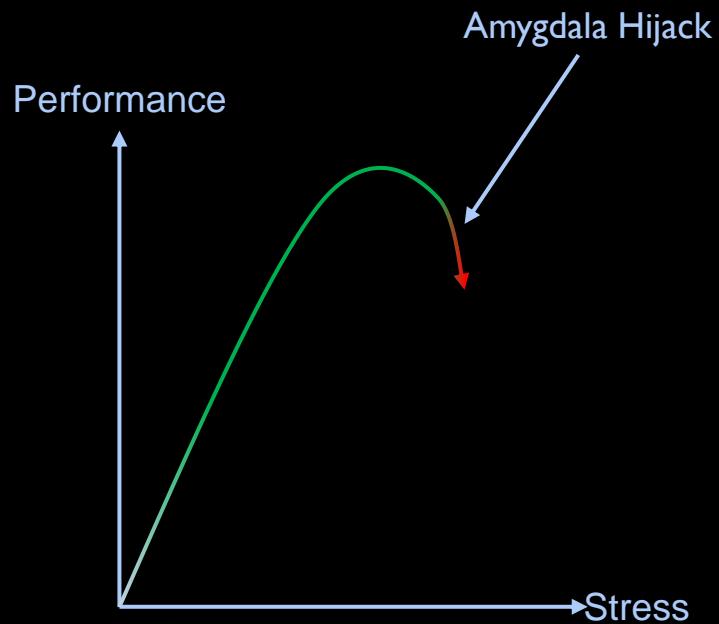








Amygdala Hijack



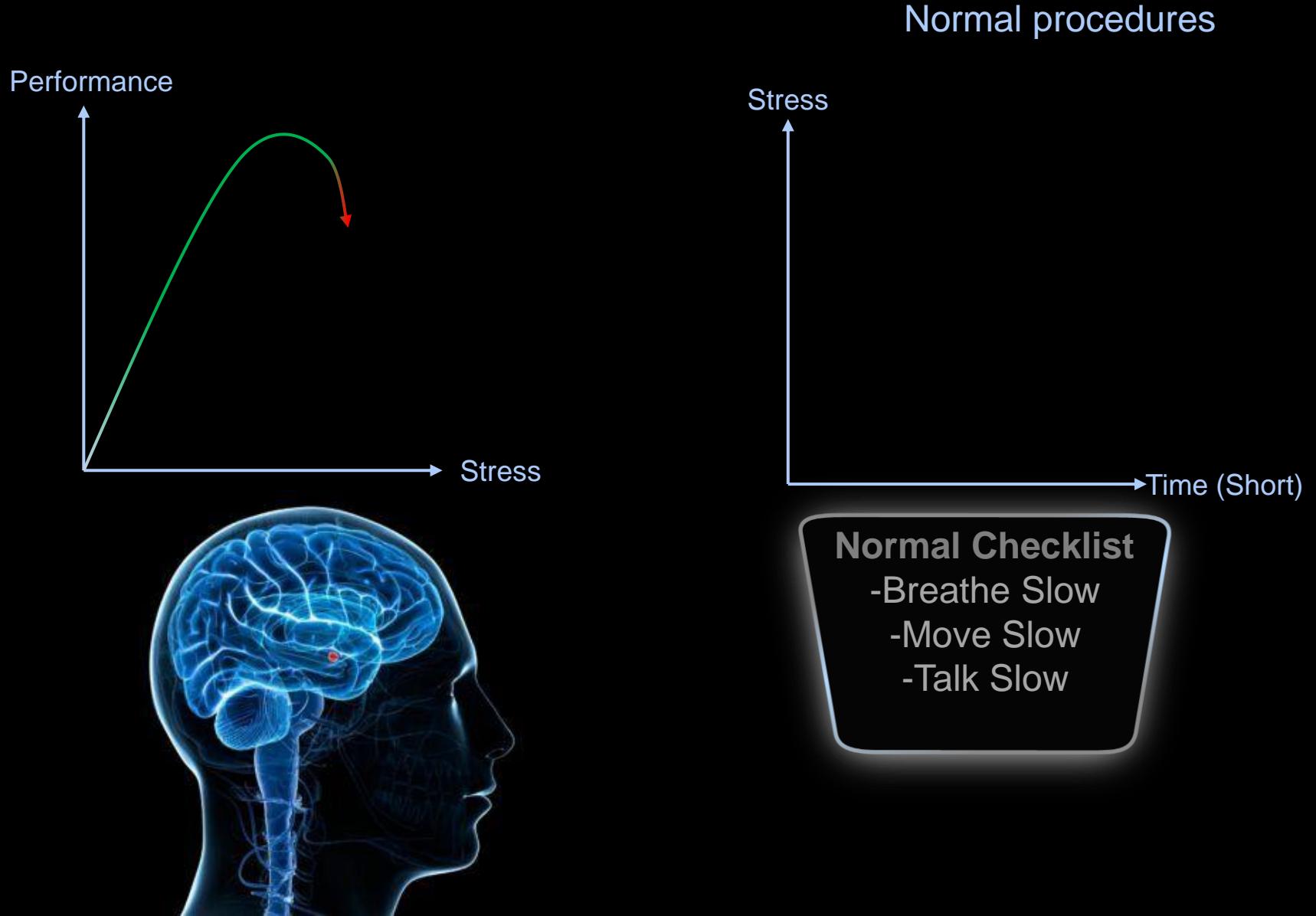
Normal Checklist

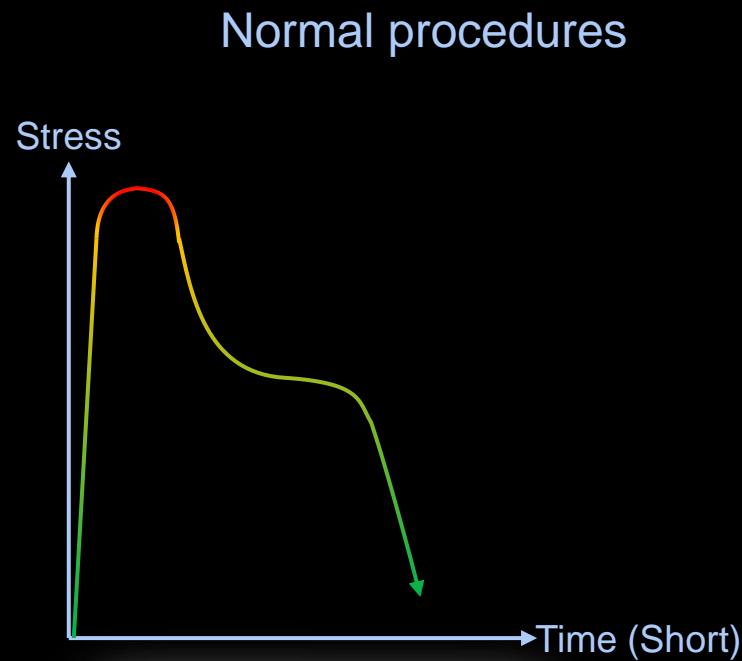
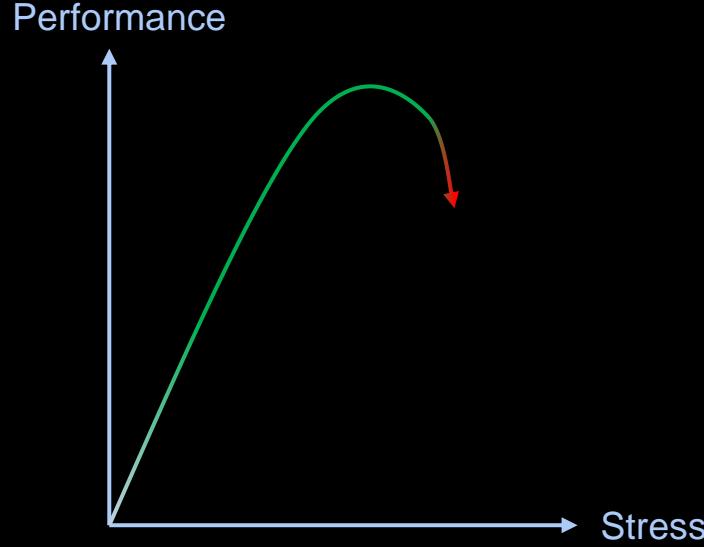
- Breathe Slow
- Move Slow
- Talk Slow



Normal Checklist

- Breathe Slow
- Move Slow
- Talk Slow

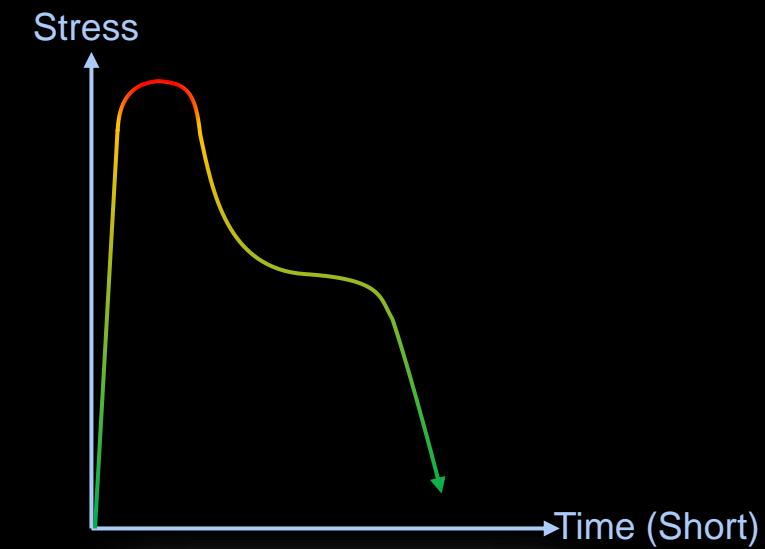




Normal Checklist

- Breathe Slow
- Move Slow
- Talk Slow

Normal procedures



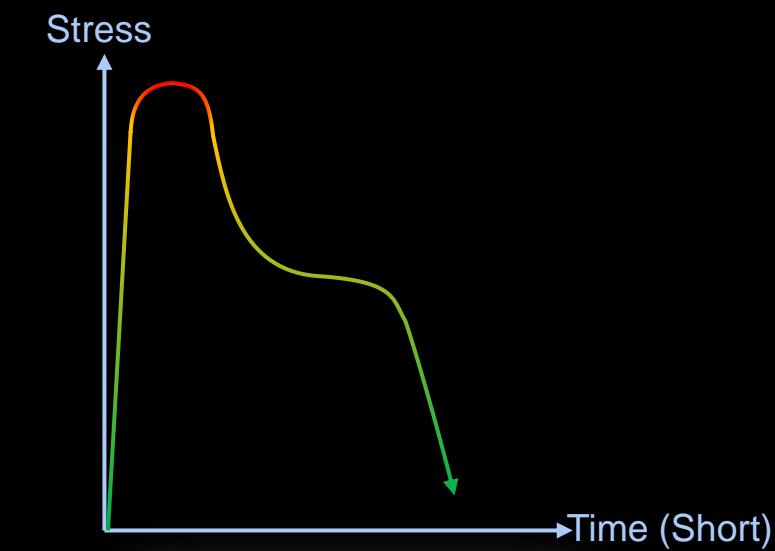
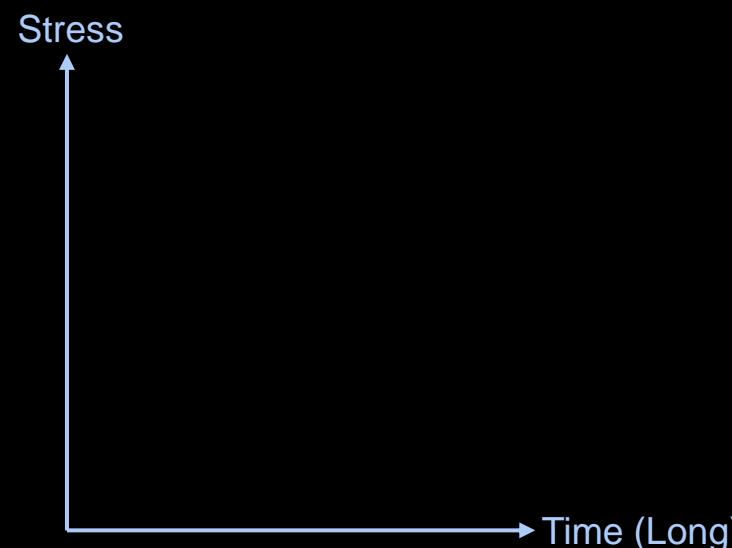
Normal Checklist

- Breathe Slow
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Non-normal procedures

Normal procedures



Normal Checklist

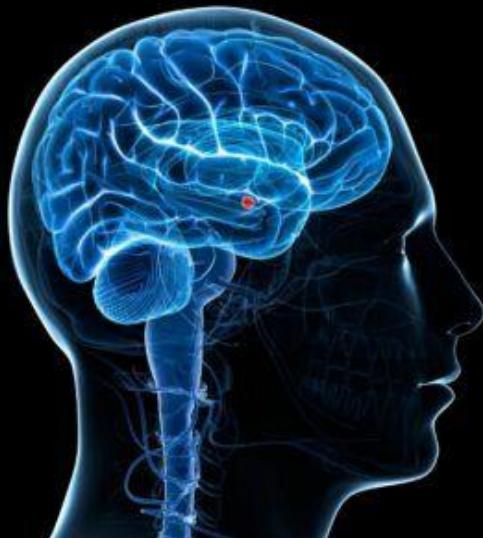
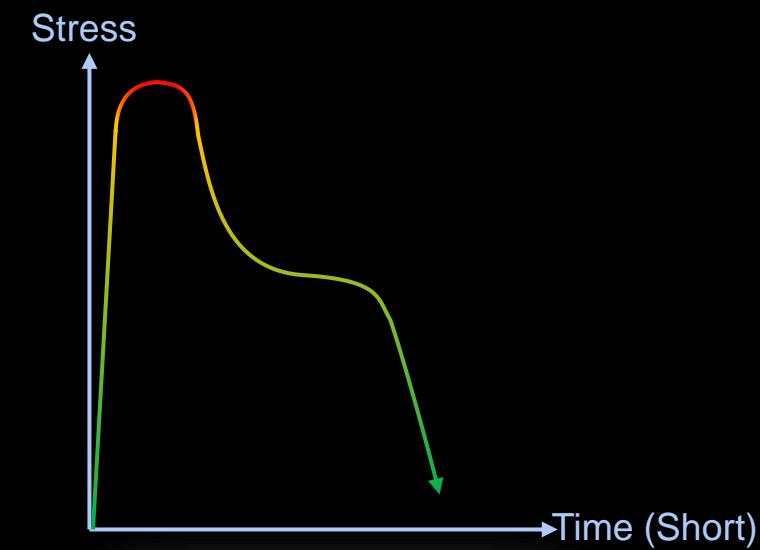
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Non-normal procedures

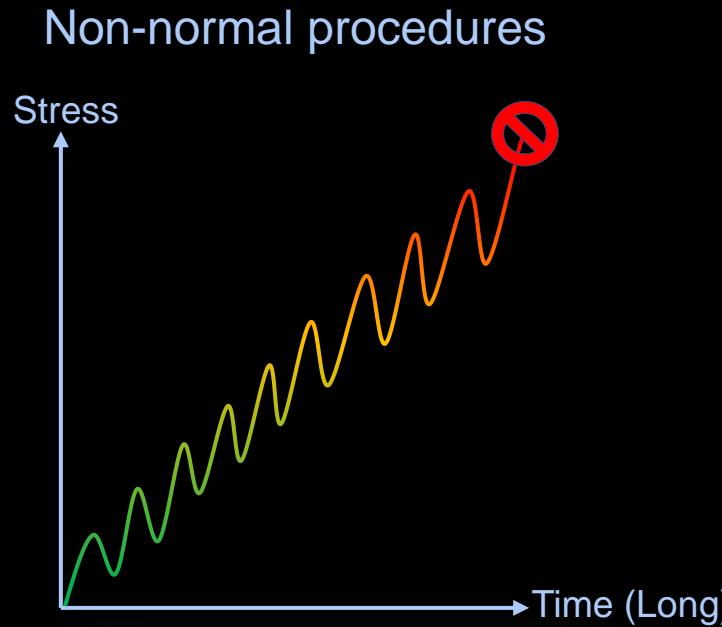


Normal procedures



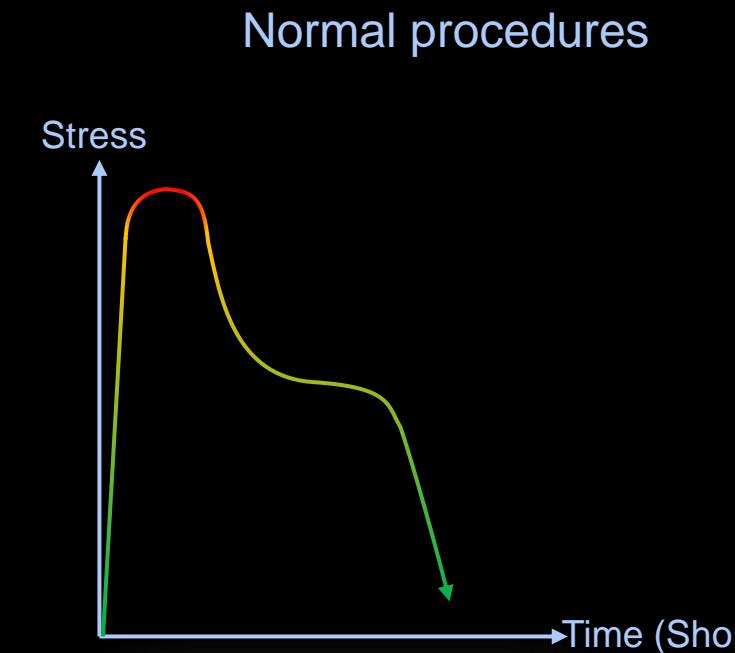
Normal Checklist

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- Talk Slow



PREVENTIVE Non-Normal Checklist

- Sleep/Rest
- Social Interactions
- Activities
- Nutrition
- Exercise
- Meditation/mindfulness



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Checklist for Thoughts

- Realistic
- Optimistic
- Flexible

Normal Checklist

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- Talk Slow