

Resilience

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EASA:

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

Resilience

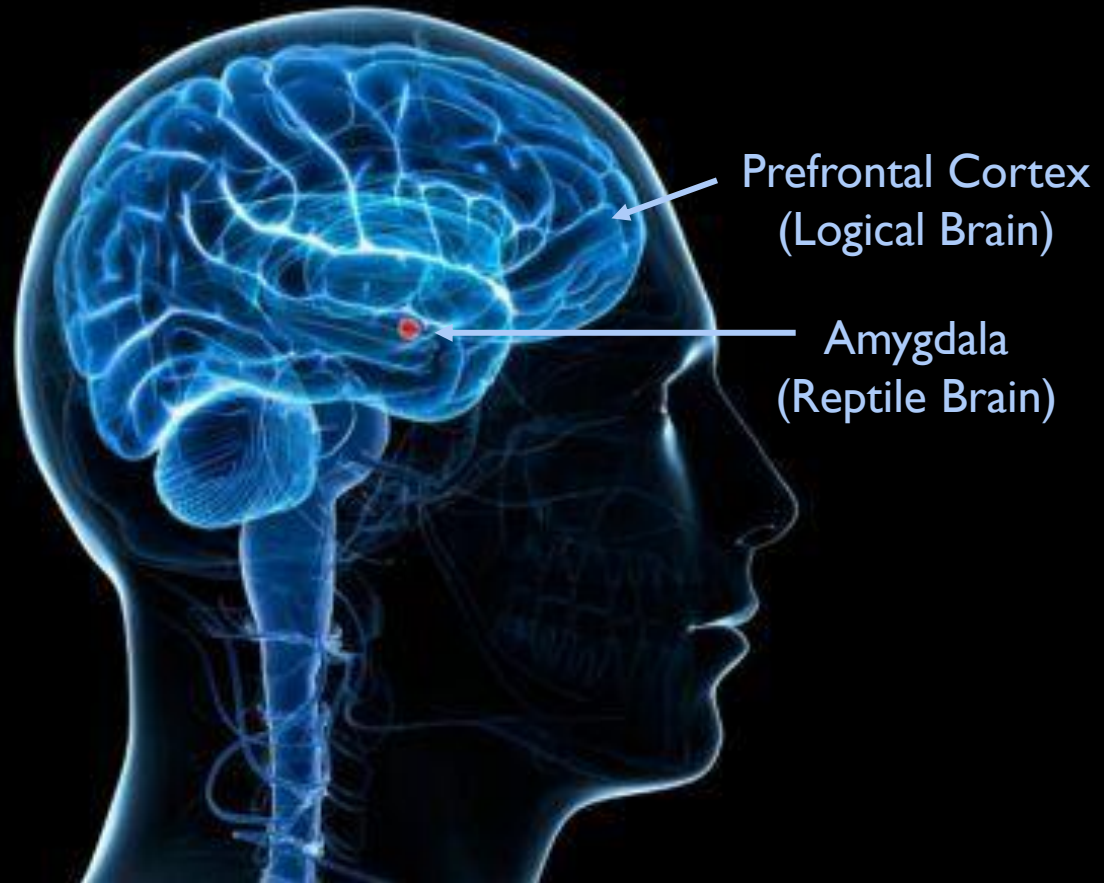
EASA:

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

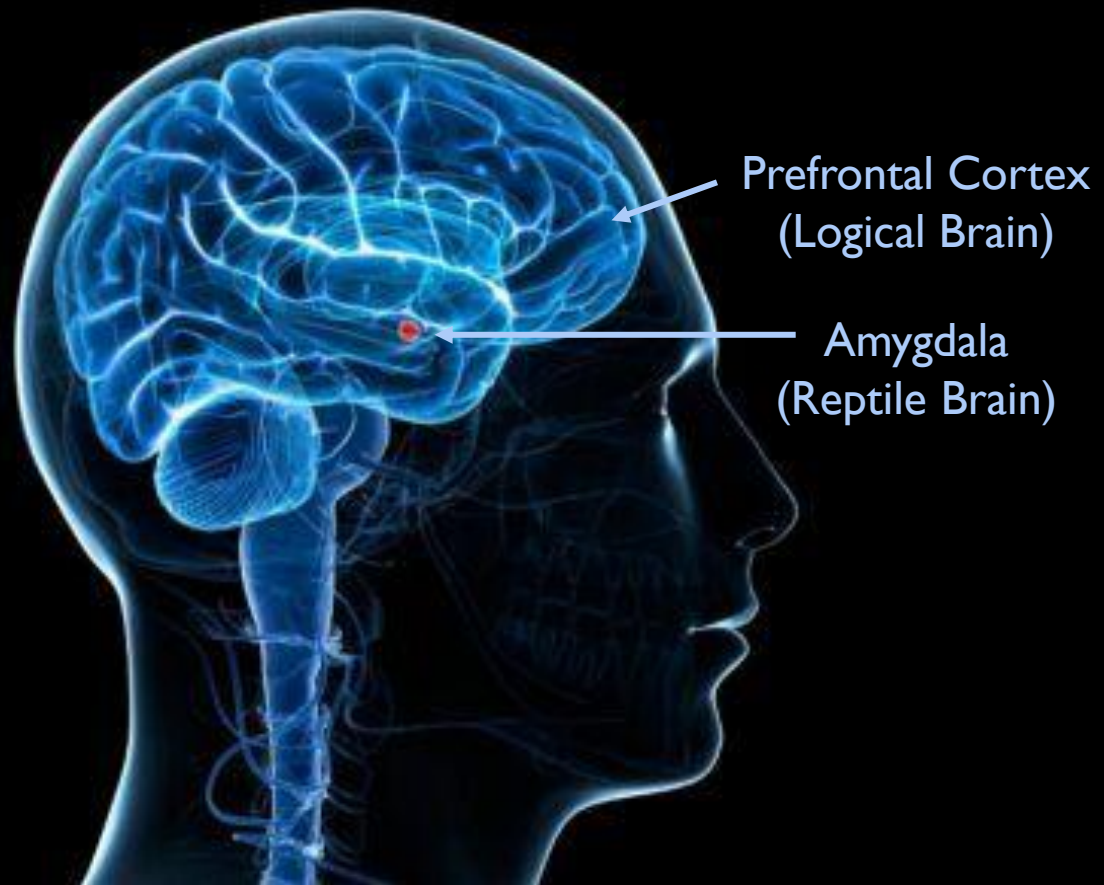
Dr. Robert Brooks,(Harvard Medical School):

The capacity to bounce back from adversity

Knowledge about your Brain



Amygdala Hijack

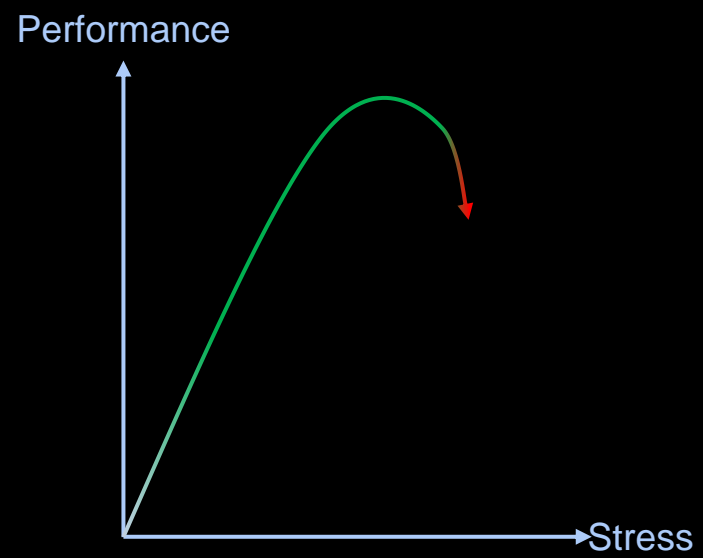


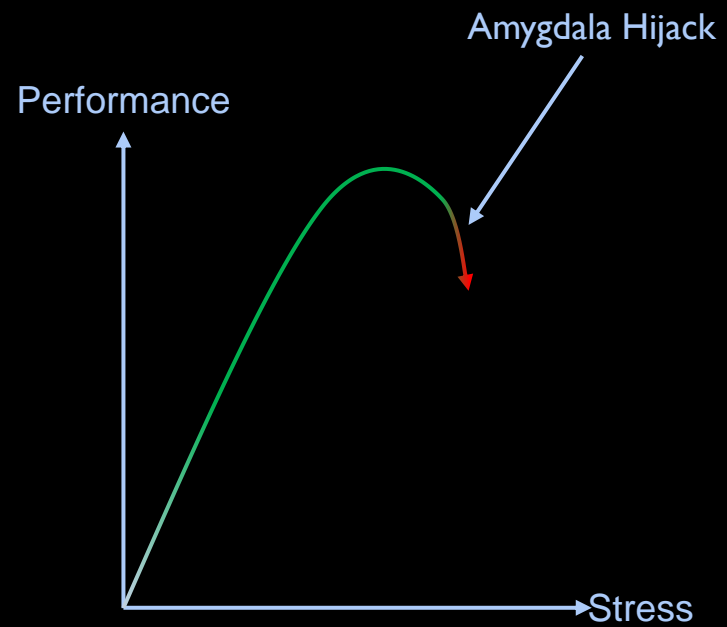


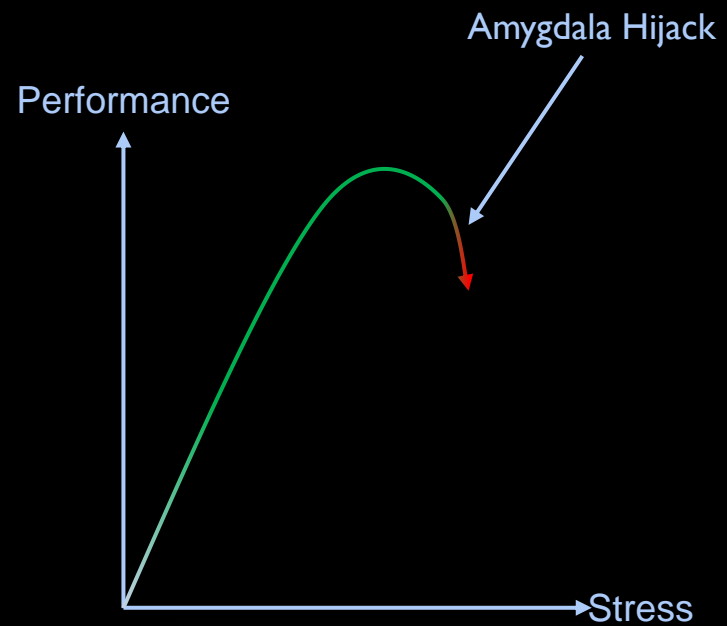
Performance



→ Stress



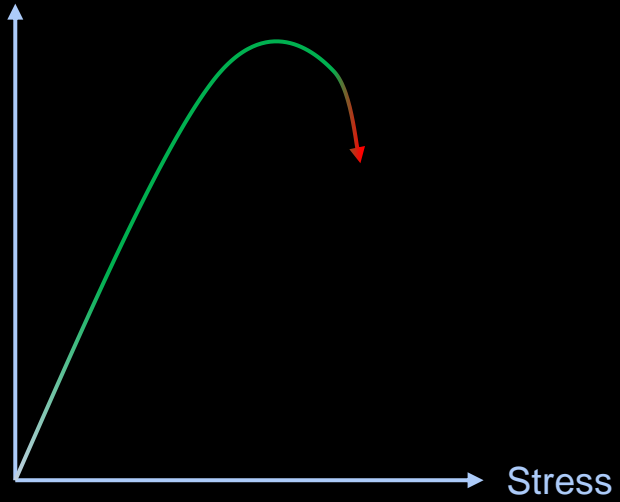




Normal Checklist

- Breathe Slow
- Move Slow
- Talk Slow

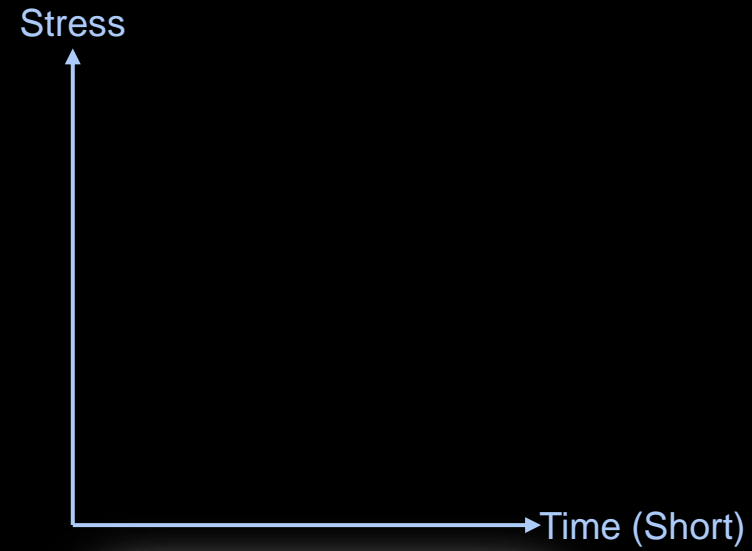
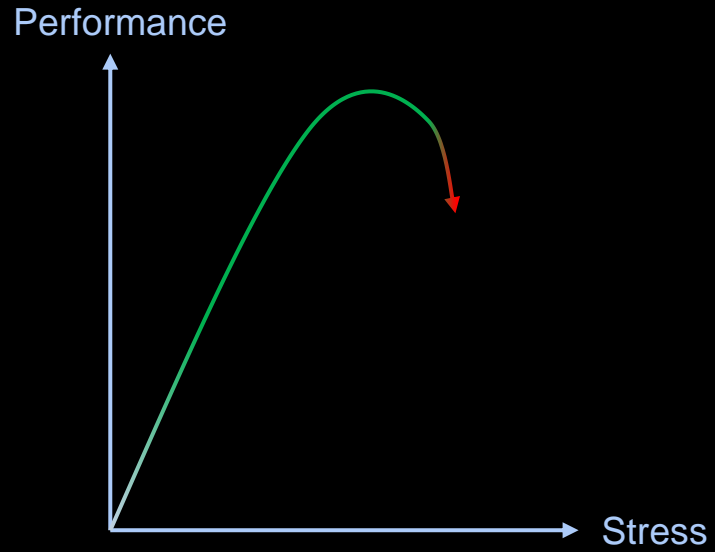
Performance



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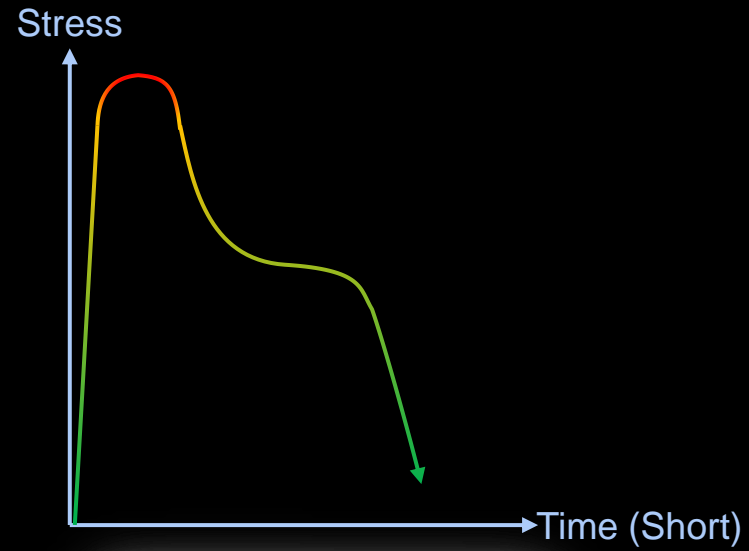
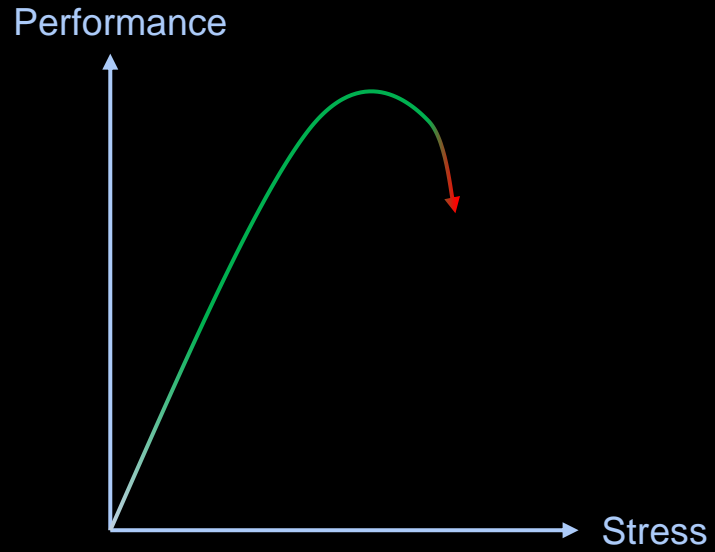
Normal procedures



Normal Checklist

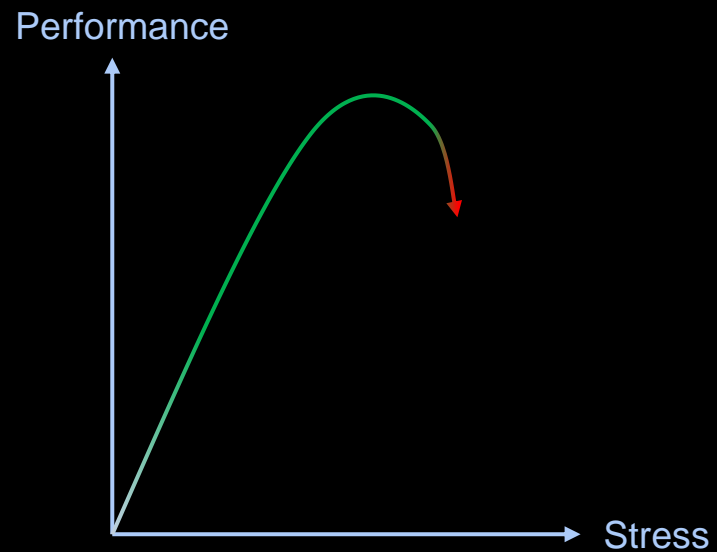
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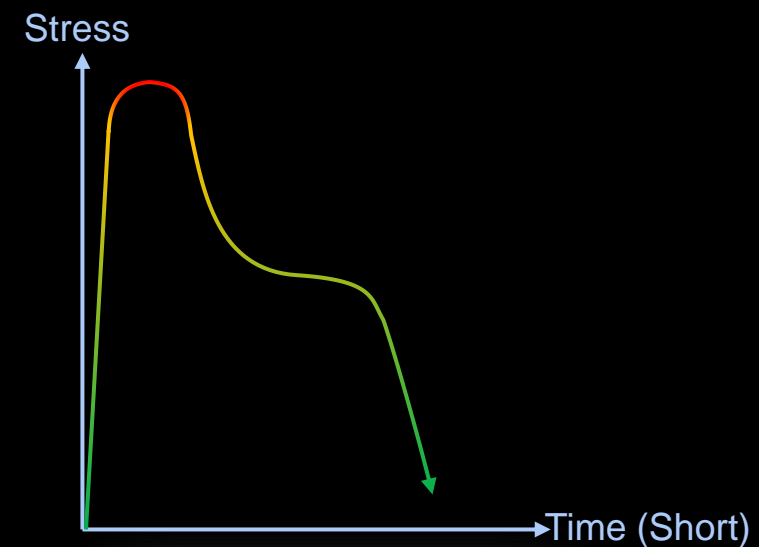


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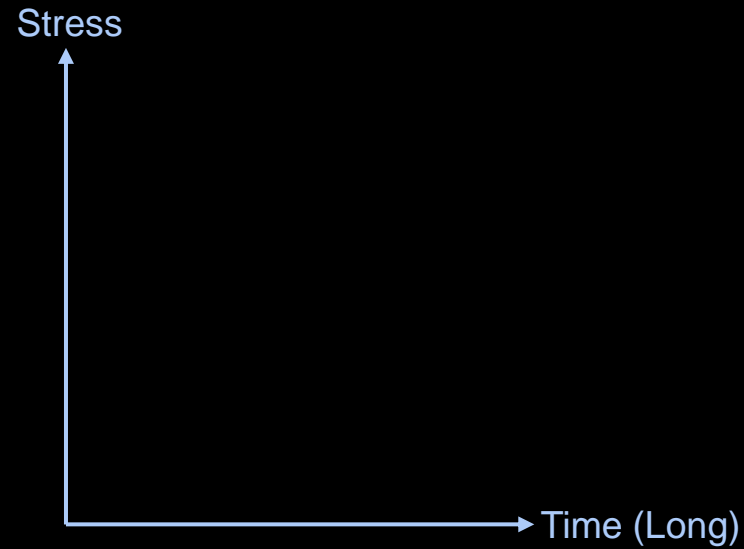
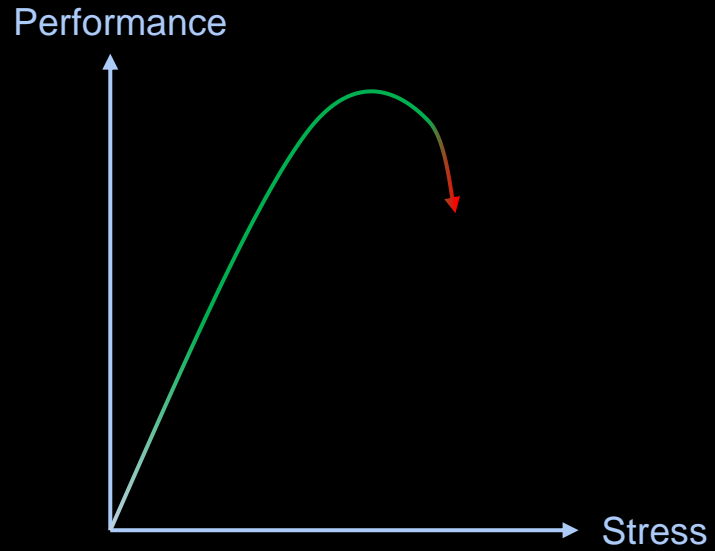
Normal procedures



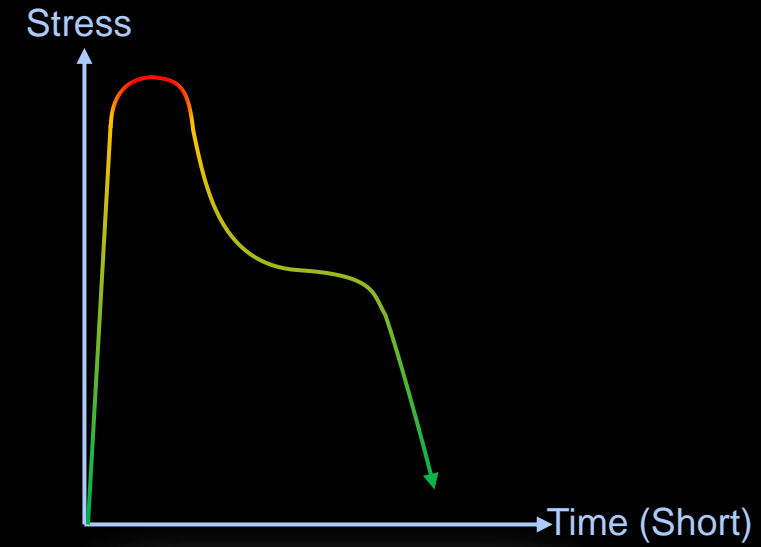
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Non-normal procedures



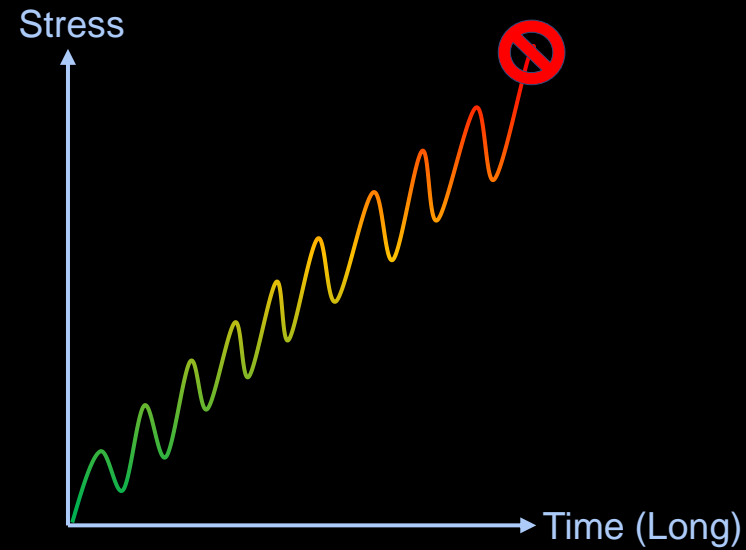
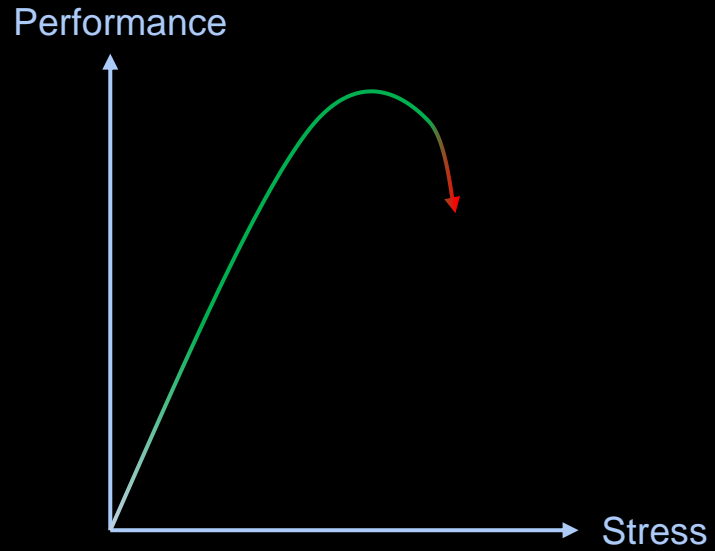
Normal procedures



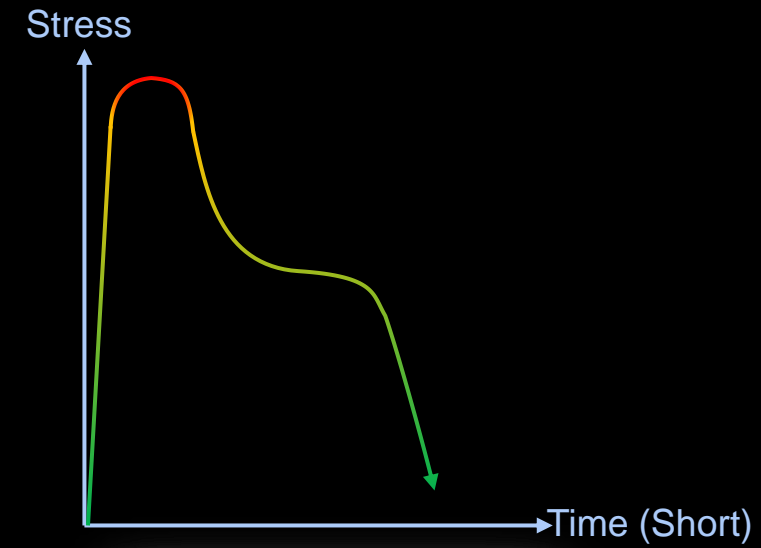
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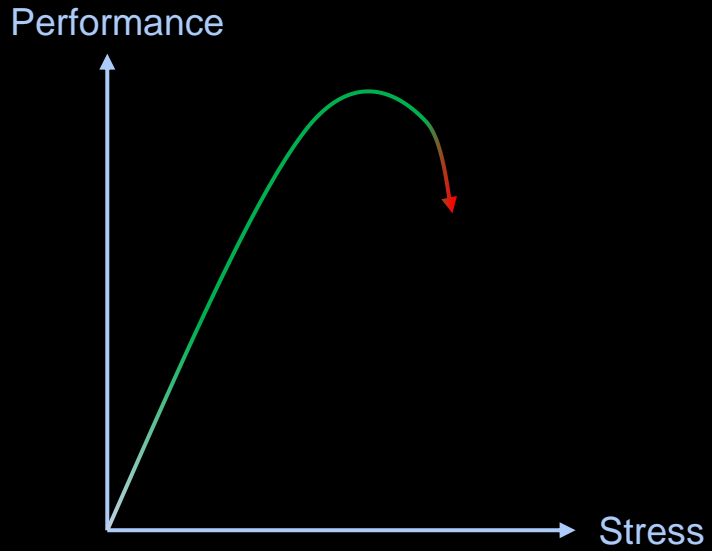


Normal procedures

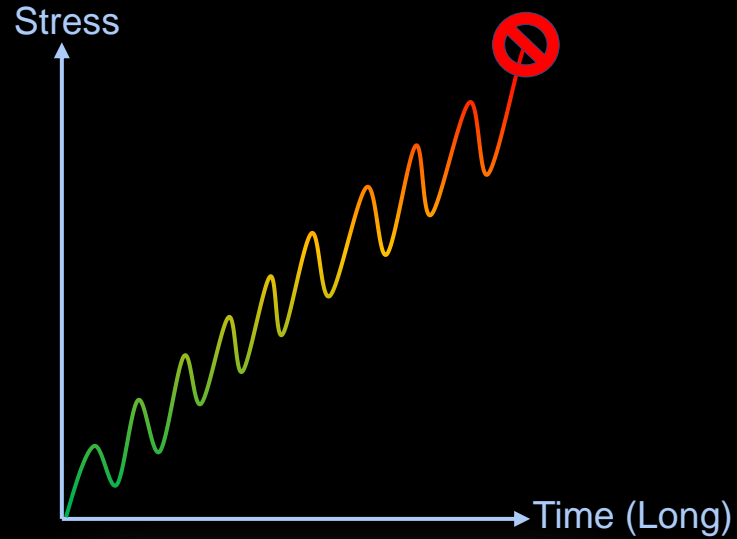


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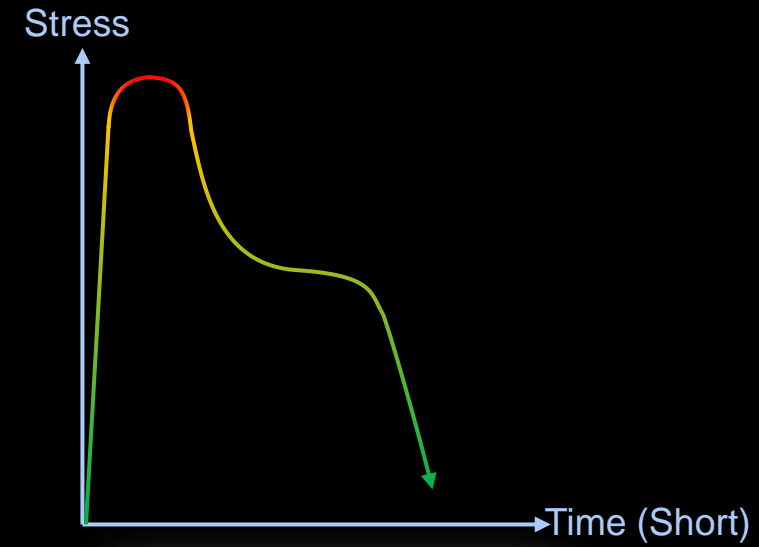
Non-normal procedures



PREVENTIVE Non-Normal Checklist

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

Normal procedures



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**PREVENTIVE
Non-Normal Checklist**

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mindfulness

**Checklist for
Thoughts**

- Realistic
- Optimistic
- Flexible

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