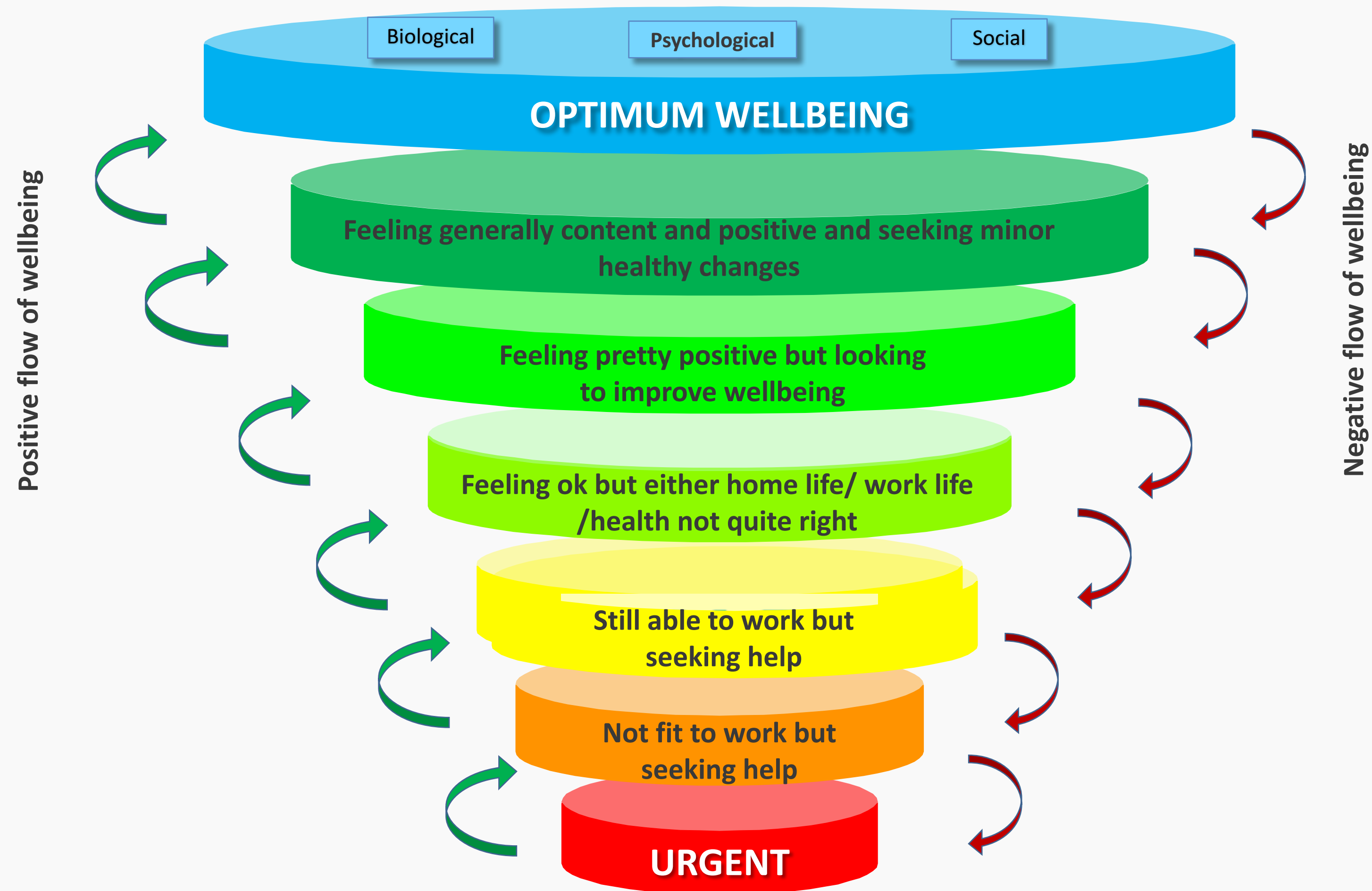




# Resilient Pilot Wellbeing Model<sup>©</sup>

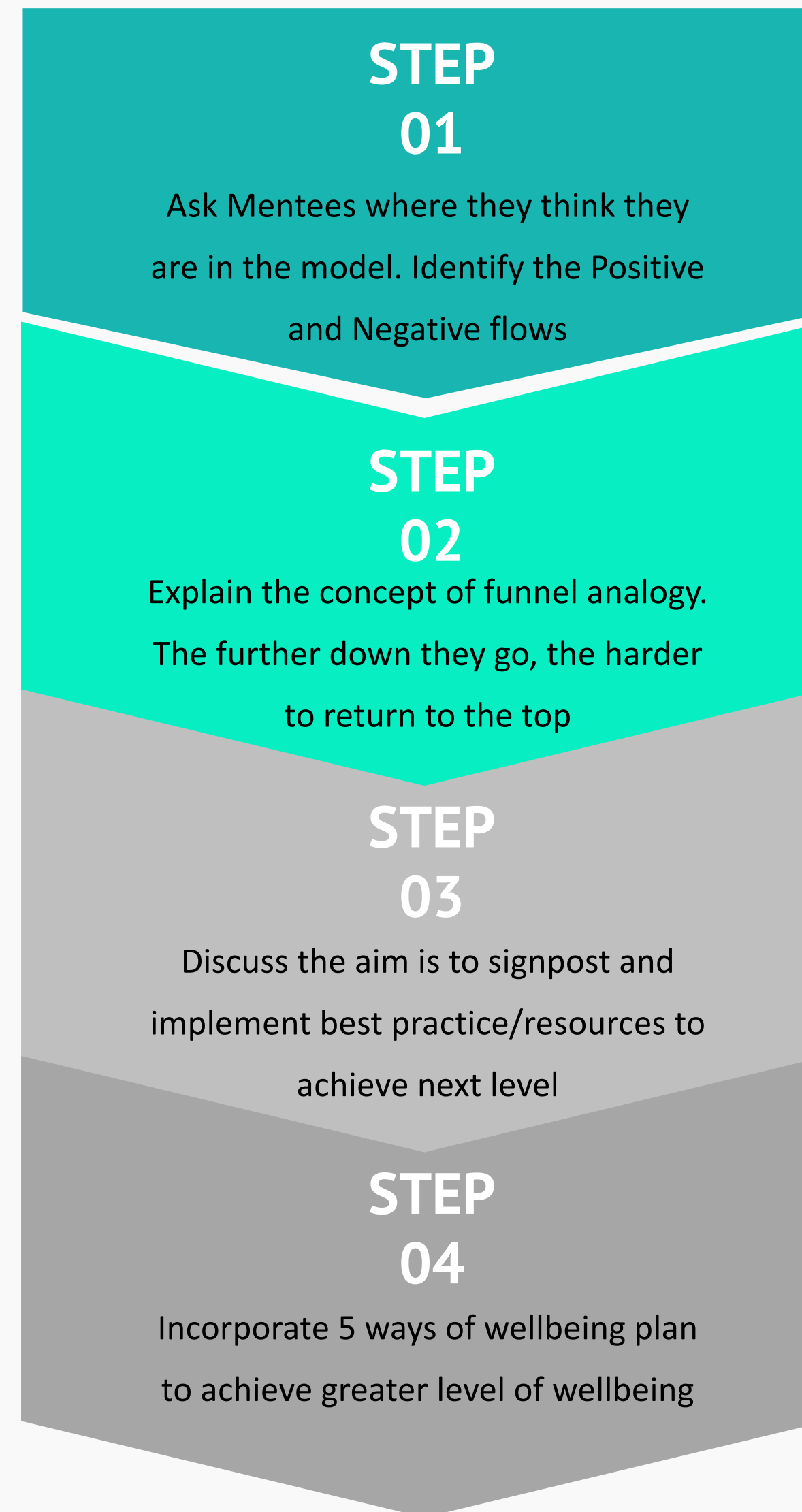
## WELLBEING Assessment Funnel





# Resilient Pilot Wellbeing Model<sup>©</sup>

## WELLBEING Assessment Funnel





### THE STRESS CONTAINER

- Ask Mentees to write down the things that cause them stress at this time.
- Identify a container to put those stressors in.
- Which stressors are most inflated at this time causing the container pressure?
- Ask question on what if?
- Investigate what I can do to reduce the size of these inflated stress ball?
- Keep digging until you have a clear mechanism to deal with the stress

# 5 WAYS TO WELLBEING FOR PILOTS

CREDIT: WE ARE HUMMINGBIRD



The 5 ways of Wellbeing Tool is a great way to set up conversation and develop a wellbeing action plan for mentees who are perhaps finding it difficult to structure their downtime.

- Feel free to introduce to Mentees and share
- Ask Mentees to plan how they may implement the 5 ways of wellbeing to their own SITUATIONS



# 5 WAYS TO WELLBEING FOR PILOTS

**Monitor over time**

