



# Mental Health:

Embedding a new  
'Situational Awareness'  
into the global aviation  
culture.


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APATS Singapore

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## Current state

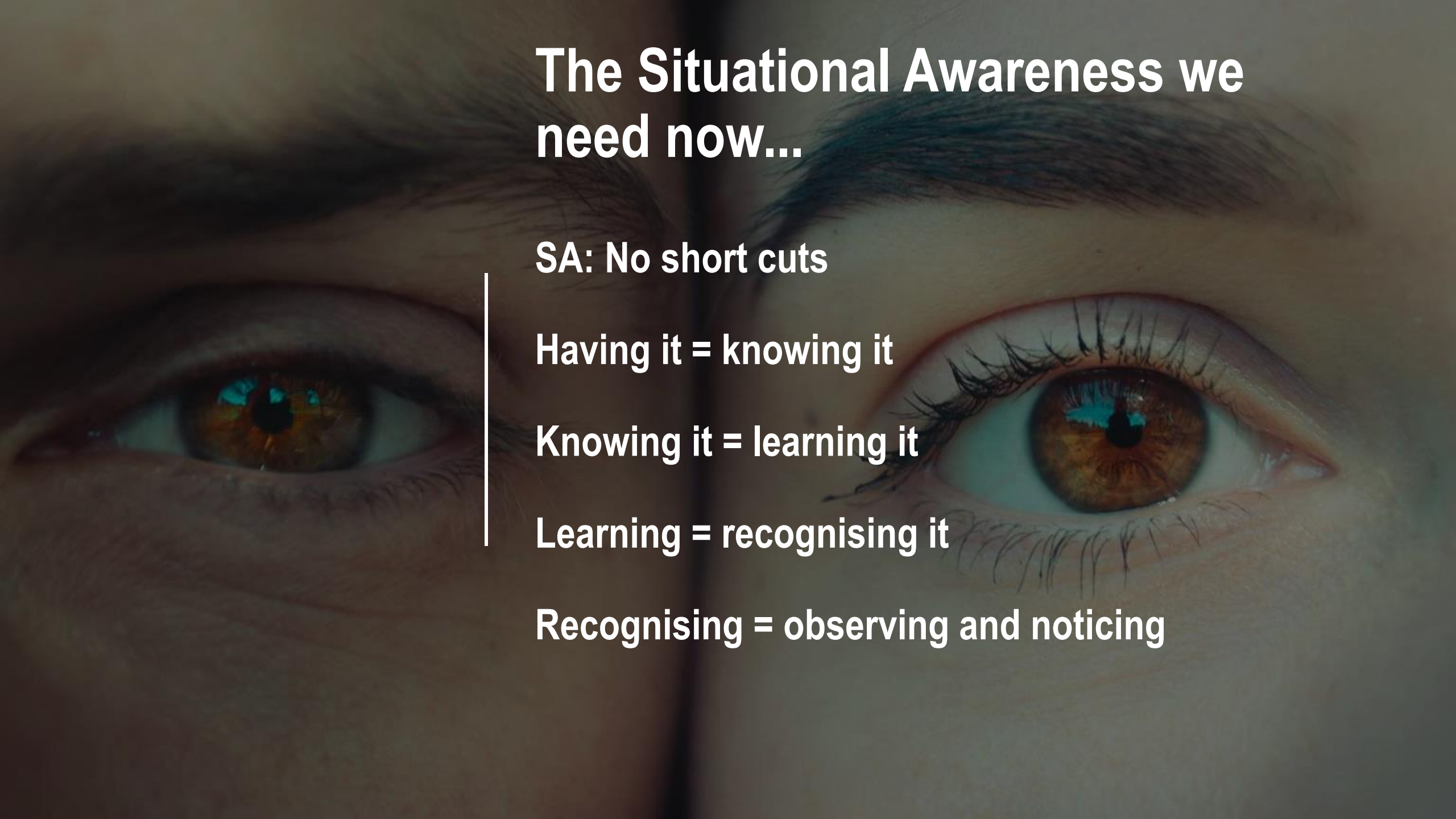
...the increasing need

...the accelerating issue

...the missing masses

...the turning point



A close-up, high-resolution photograph of a person's eyes, showing detailed features like eyelashes, eyelids, and the iris. The image is slightly blurred and has a dark, moody tone, serving as a background for the text.

# The Situational Awareness we need now...

**SA: No short cuts**

**Having it = knowing it**

**Knowing it = learning it**

**Learning = recognising it**

**Recognising = observing and noticing**

# Some Common Stressors



- Feeling of being disrespected by management – by passengers – by pilots
  - sometimes
    - Executive response – ‘lower your expectations’
- Fatigue
  - Working ever harder – shift work
  - Perceived / actual – qualitative / quantitative
- Passenger difficulties and complaints
- Professional standards
  - Training and assessments
  - Career performance; fear of failure
- Relationships
  - Personal; colleagues
- Mental health issues specific
  - Depression; anxiety

A man in a dark suit and glasses is lying down, looking exhausted. He is holding a glass of whiskey in his right hand and a bottle of whiskey in his left hand. A large stack of papers is in front of him. The image is dark and moody, with the text overlaid in white.

# Oscar

## - Our unspoken man



Juliet

- Our unheard woman

# How?

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‘If we’re to deal with mental health daily, then we have to deal with issues that degrade mental health every day.’



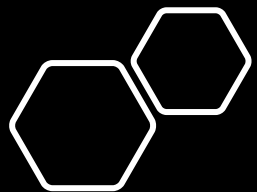




‘The culture always starts at the top’

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...not always



What works?...from the  
ground up



# Situational awareness fundamentals (low hanging fruit)

Demeanour changes

Quieter than usual

Comparison

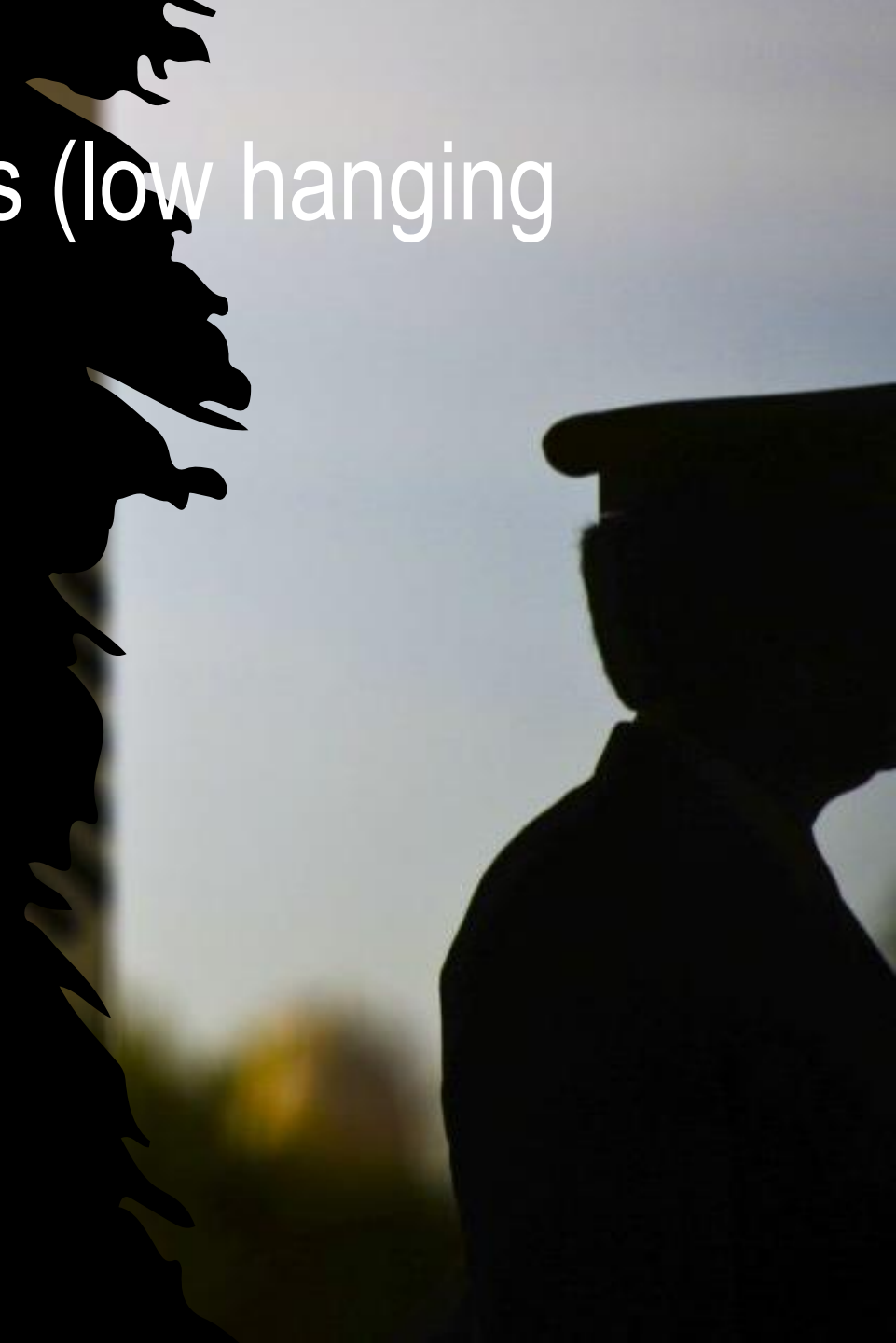
Behaviour out of character

Disengagement / absence

Suddenly calm (Oscar)

Giving things away

Low morale...a bigger issue



# Make a difference today...

Find something they can control, no matter how small

If you want to change someone's behaviour, change yours first

To influence, ask, don't tell

Power / authority vs influence





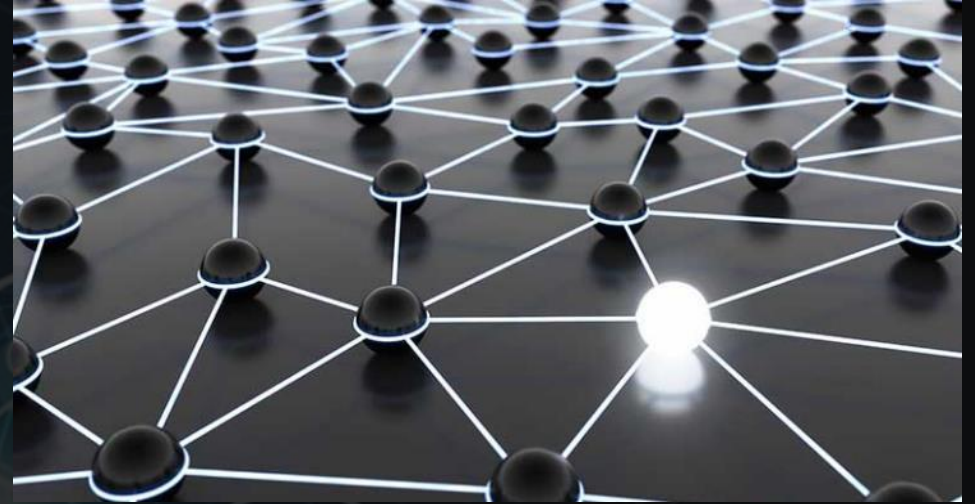
## Two challenges for you:

1. Think about the list of stressors.

If you relate to any, don't let it remain.  
Seek assistance

2. Choose one of the list of recommendations.

Implement it this week.



## The offer:

- To work with you to establish seminars, workshops, clinics



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