



## **Mental Health:**

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

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**APATS Singapore**

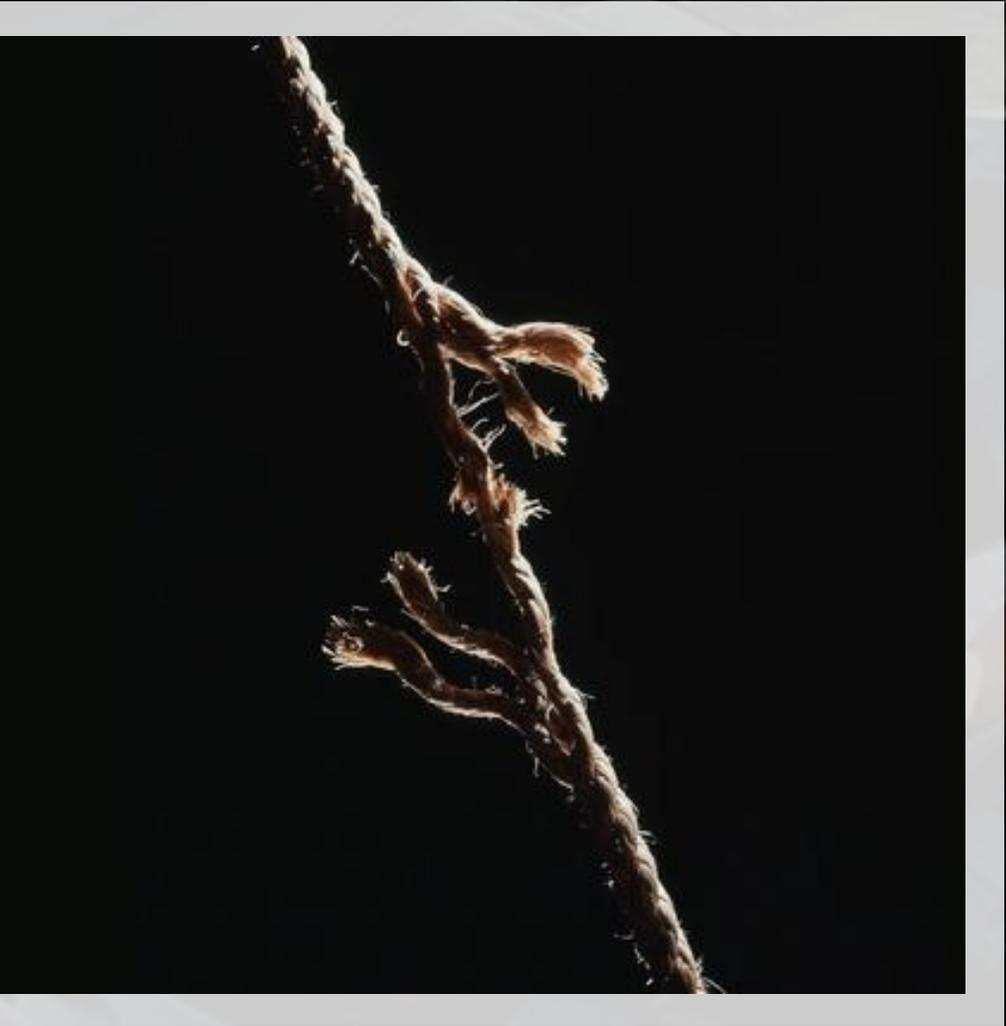
**Chris Smith**

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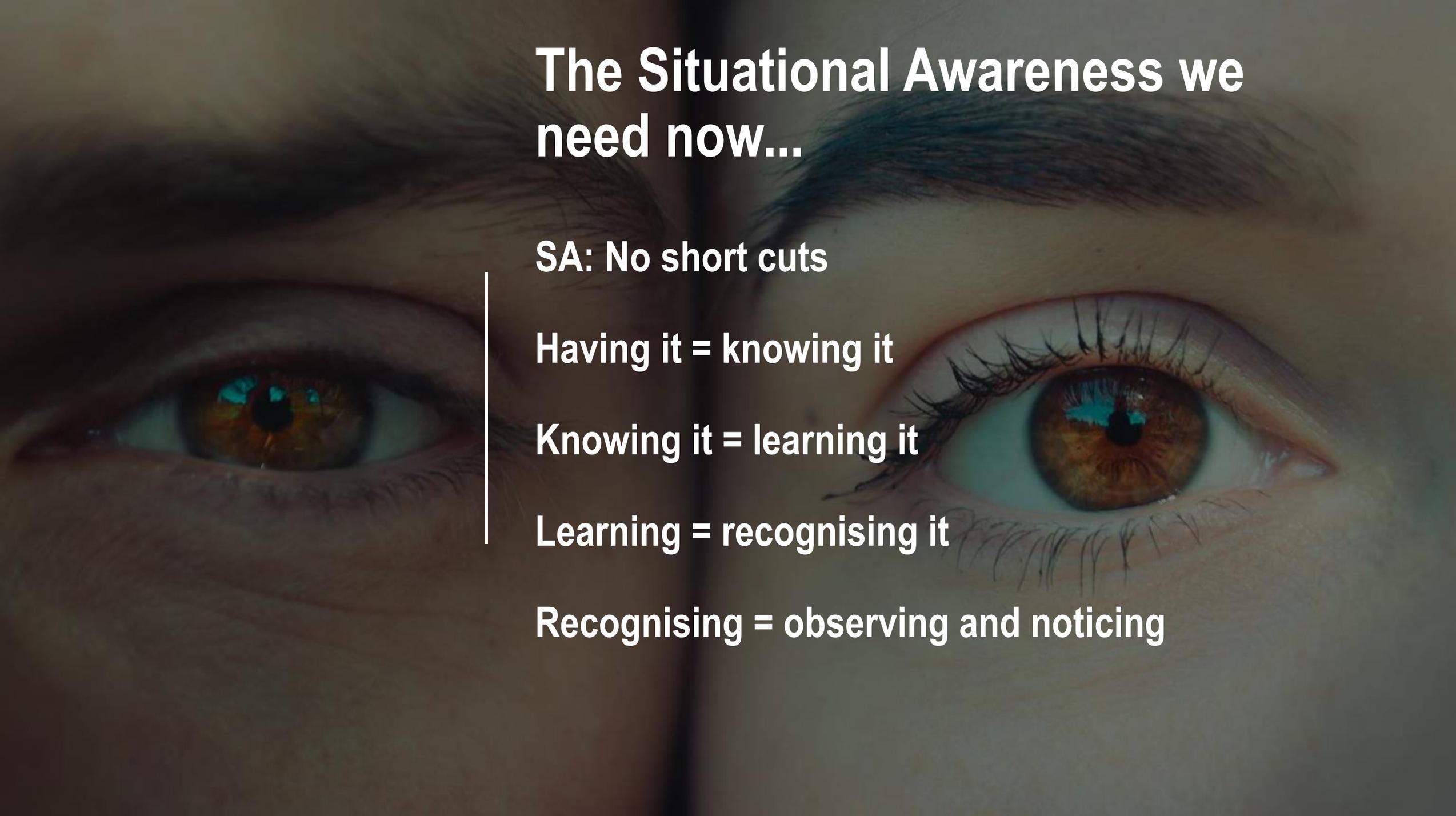
## Current state

...the increasing need

...the accelerating issue

...the missing masses

...the turning point



# The Situational Awareness we need now...

**SA: No short cuts**

**Having it = knowing it**

**Knowing it = learning it**

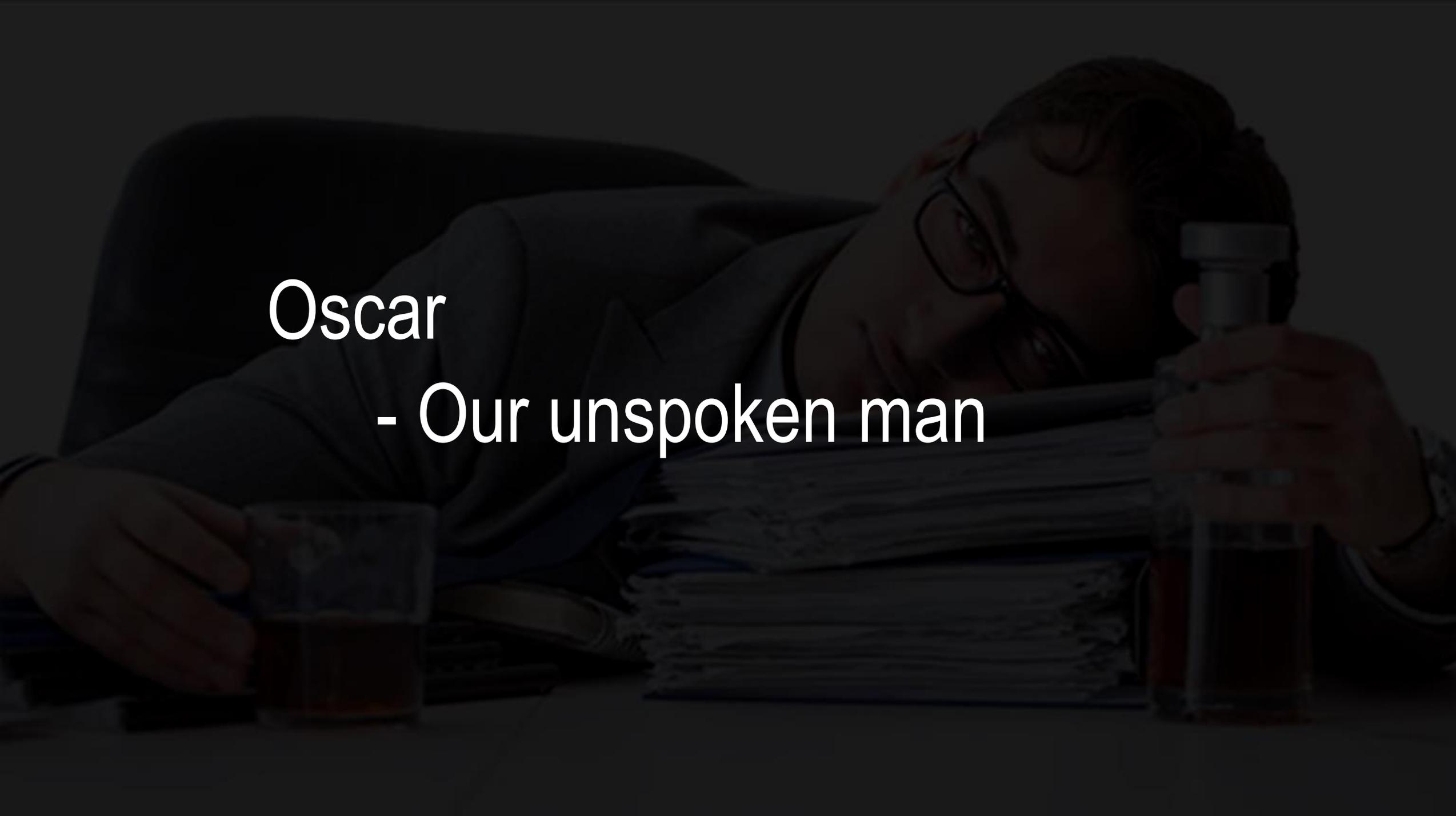
**Learning = recognising it**

**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 sitting at a desk. He is looking down at a large stack of papers in front of him. He is holding a glass of beer in his right hand. The scene is dimly lit, with the man's face and the papers being the main focus.

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.’



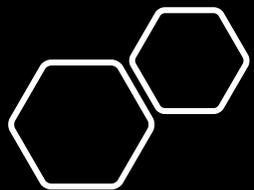


‘The culture always starts at the top’

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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



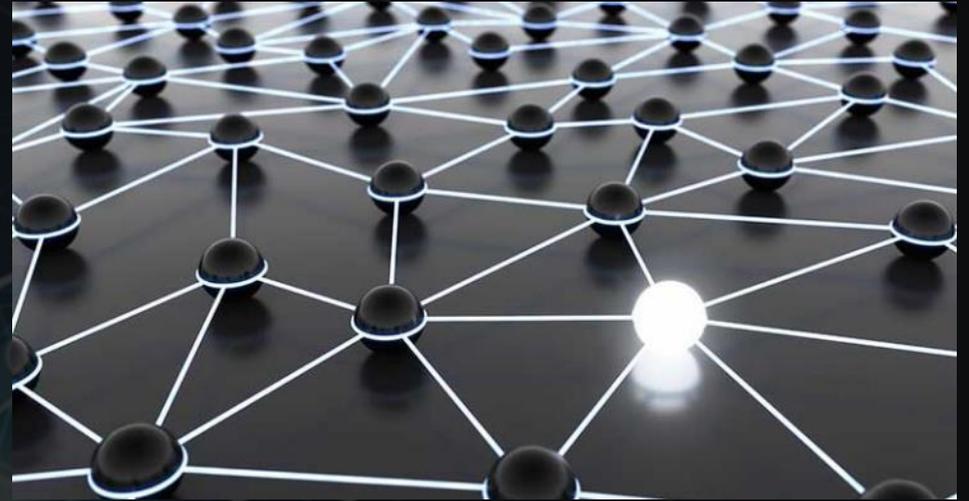
## Two challenges for you:

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



Chris Smith

Mobile | +61 418 679 170

Email | [aculturalleadership@gmail.com](mailto:aculturalleadership@gmail.com)

Website | [www.aculturalleadership.com](http://www.aculturalleadership.com)

Author | Leadership at 43000 Feet (November '23)