



# Mental Health:

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

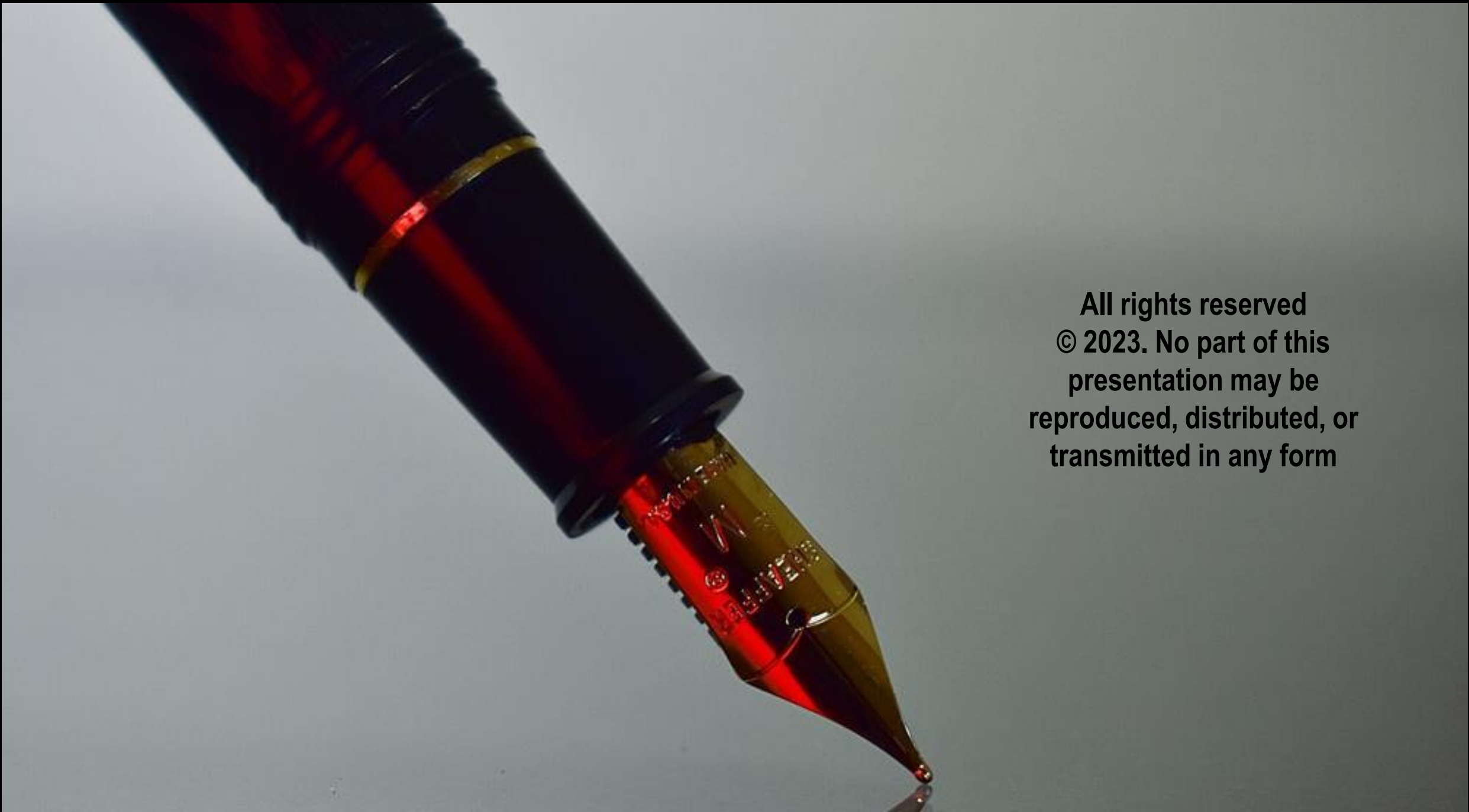
---

APATS Singapore

Chris Smith

August 2023





**All rights reserved  
© 2023. No part of this  
presentation may be  
reproduced, distributed, or  
transmitted in any form**



## Current state

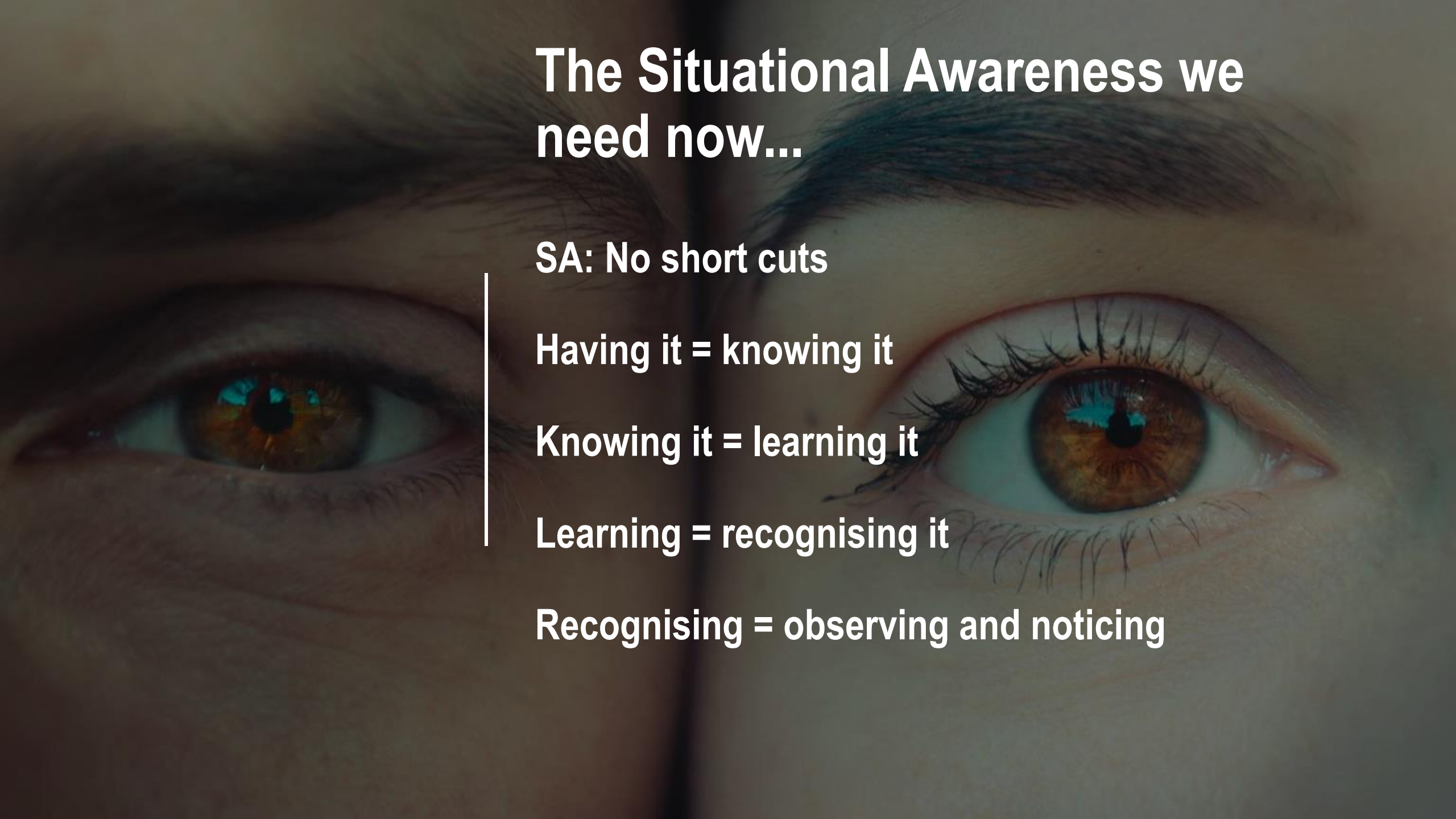
...the increasing need

...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 pilots sometimes
- Fatigue
  - Working ever harder – shift work
  - Perceived / actual – qualitative / quantitative
- Professional standards
  - Training and assessments
  - Career performance;
- Time pressure – daily.
- Relationships
  - Personal; colleagues
- Mental health issues specific
  - Depression; anxiety
- Grief and loss
- Illness

A man in a dark suit and glasses is lying down, his head resting on a thick stack of papers. He is holding a glass of whiskey in his right hand and a tumbler in his left. The image is dark and moody, with the text overlaid in white.

# Oscar

## - Our unspoken man

# How?

---

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





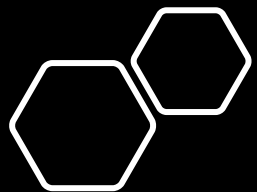


‘The culture always starts at the top’

---

...not always





What works?...from the  
ground up



# Situational awareness fundamentals (low hanging fruit)

Demeanour changes

Quieter than usual

Comparison

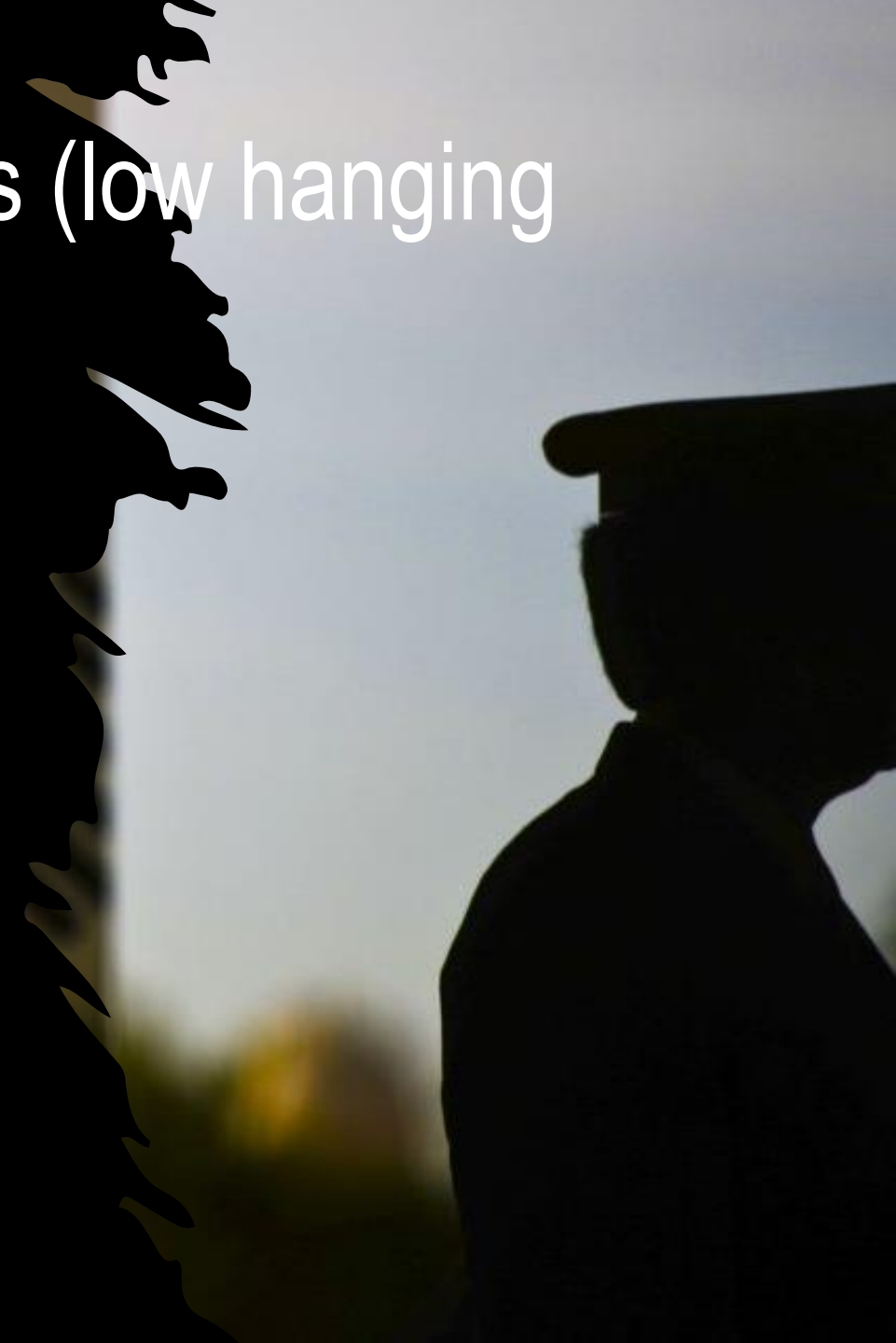
Behaviour out of character

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





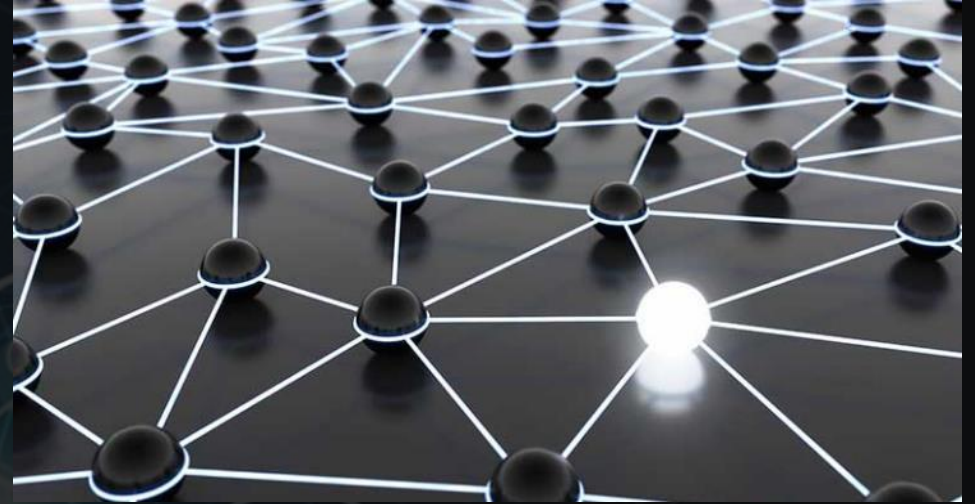
## Two challenges for you:

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)