



share
your
story.



Self Care & Resiliency For Peers

Mimi Tompkins, FO
Hawaiian Airlines





36 years of airlines...hired 1979





The view from my office...





Thank you

Special thanks to Louise Cullinan, Bill Cheney, Tony Faul and the ALPA Staff



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Safety Professional or Expert

Quote from Samuel Ewing, Former
Baseball player for Chicago White Sox and
Toronto Blue Jays.

“An expert is someone called in at the last
minute to share the blame.”





Pilot Assistance or CIRP “expert”

- Often called in after an event or crucial personal issue, and asked to “help.”
- Often evening, weekends, holidays.
- First ALPA critical event was Halloween night.





Who is here today?

Please stand:

- Say your name
- Airline or organization
- Committee position
- Years of volunteer work





Objective

- Discuss Self-care and Resilience
- Learn from each other
- Leave with new tools to build resilience and take care of ourselves





Self Care

How do we deal with the critical events, accidents, and personal tragedies we share with peers we support?





What happens to us when we listen with compassion?

- Ours mind and body reacts as if the event happens to us.
- Many people experience a flood of emotions and a sense of uncertainty.





Like the events we respond to, it may not be the critical event or tragedy, it may be the aftermath that takes our time.





What self care methods do you use now?



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Self-care leads to resilience.





Resilience

- The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.
- It means “bouncing back” from difficult situations.





Our pilot assistance/CISM training works!

- Most peers, and most people, demonstrate resilience.
- However, self-care sometimes is lacking...



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Resilience: trait or learned?

- It involves behaviors,
- Thoughts
- And actions





Learn ways to build resilience

- What are ways you have learned?
- See the list on the handout.





Primary factor in resilience

- Caring and supportive relationships within and outside the family.
- Our fellow PA or CISM peers often provide supportive relationships.





Supportive relationships



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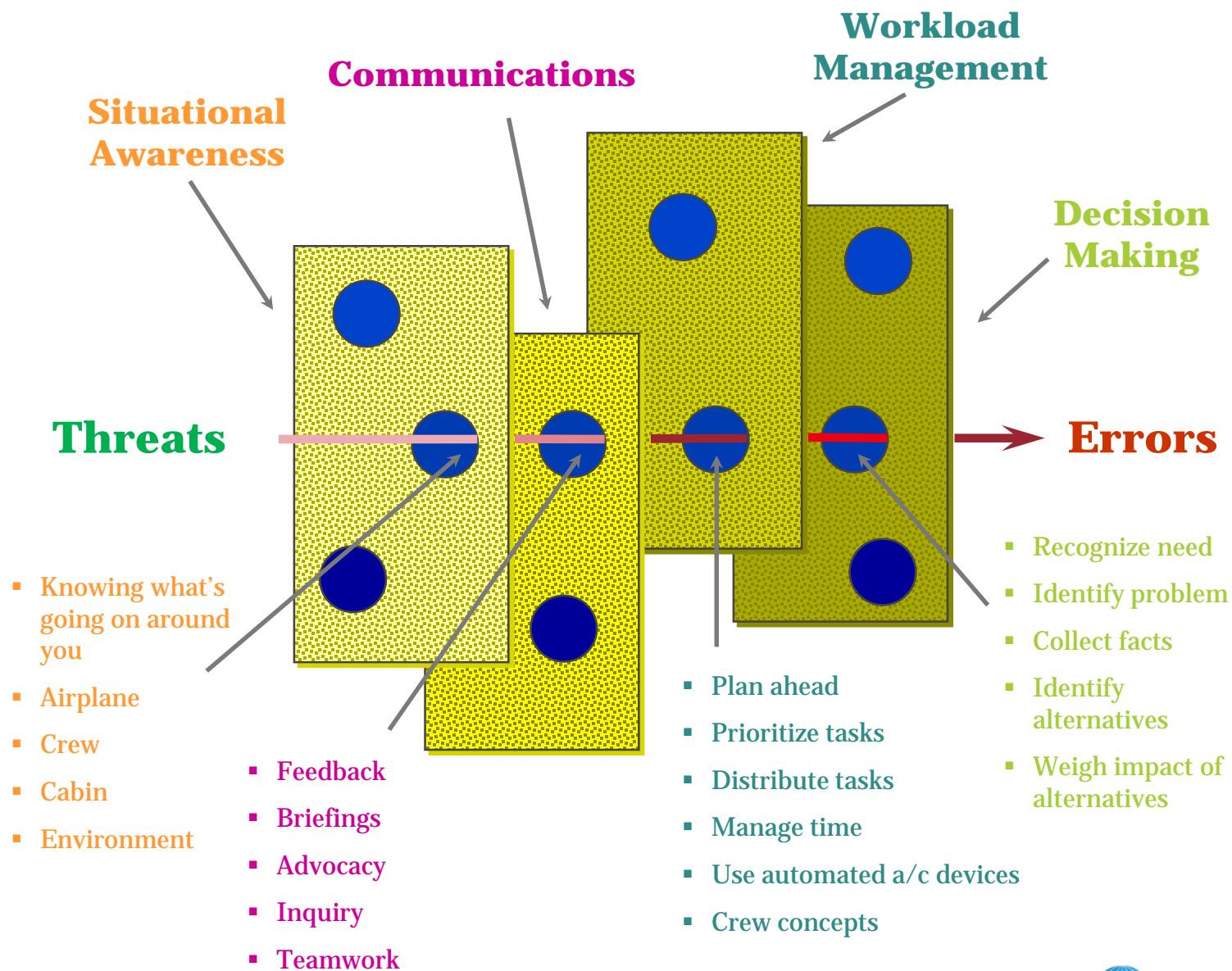


Communicate with others

- Your committee chairperson
- Fellow team peer
- Experts who support your team



Remember our CRM





Learn from our past.

- For me, the relationship with ALPA Aeromedical and the Mental Health Professionals on contract to ALPA, provided the most support.
- ALPA staff: Engineering & Air Safety Department supports our teams.





Fellow peers and ALPA Staff are invaluable



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Have a “Protector” to support you.



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Stay flexible

- Allow yourself to experience strong emotions and avoid experiencing them at times in order to continue functioning.
- Make yourself an imaginary “container” to store strong emotions and reactions.





Create a “Comfort Place”

- A real place to go for comfort.
- Or an imaginary place.
- Take some deep breaths, and go there when you need to reenergize yourself.





Step forward and take action, then

- And step back to rest and reenergize yourself.
- Spend time with loved ones.
- Nurture yourself.





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Get help when you need it.

- Who are your resources?
- Books and publications
- On-line resources





Best resources are the National and local committee chairs.



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Licensed Mental Health Professional

- You and your team need this resource.
- ALPA Aviation Medicine Advisory Service
- National MHPs used often by our teams.





Other resources ALPA Legal and ALPA staff

- Suzanne Kalfus, attorney
- Jim Johnson, attorney





In summary

- Self-care skills are important for long term volunteer work.
- Keep a “tool box” of skills and learn from others.
- Resilience is a process that can be practiced and learned.





This presentation is intended to help you mindfully take care of your self and build resilience.





Approach your volunteer work with mindful self-care to build resilience.





Think of resilience like a cross-country flight.



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References

- <https://www.apa.org/helpcenter/road-resilience.aspx>
- On-line: Mayo Clinic – resilience
- Keiko Nakahama, MHP, CISM trainer in Japan. Finishing her PhD on resilience.





Thank you for your support



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