



## S.O.A.R. Volunteers At TK Bringing Focus to Mental Health Awareness Month



Fellow Pilots,

In the past few years, the topic of normalizing mental health in aviation has risen to the forefront of aeromedical discussions. Every pilot has the right to an indiscriminate support system that is present in both the good, and hard, moments of life. Our Support, Outreach, Assistance, and Resources (SOAR) Committee works towards that goal every single day.

### May Is Mental Health Awareness Month

To promote the health and wellbeing of our pilot group, the SOAR Committee will be present at TK every single day throughout May. SOAR Volunteers will debut information regarding ALPA's "Are You In the Green" campaign, a national deployment of resources aimed at improving the mental health conditions of the industry. If you are in TK during May, we highly encourage you to visit your SOAR volunteers and learn about the resources available to you, and all of your peers.

### ARE YOU IN THE GREEN?

SELF-CARE AND PEER SUPPORT		PROFESSIONAL CARE	
<b>HEALTHY</b> Normal Functioning Normal mood fluctuations. Takes things in stride. Consistent performance. Normal sleep patterns. Physically and socially active. Usual self-confidence. Comfortable with others.	<b>REACTING</b> Common and Reversible Distress Irritable/Impatient. Nervousness, sadness, increased worrying. Procrastination, forgetfulness. Trouble sleeping (more often in falling asleep). Lowered energy. Difficulty in relaxing. Invasive thoughts. Decreased social activity.	<b>INJURED</b> Significant Functional Impairment Anger, anxiety. Lingering sadness, tearfulness, hopelessness, worthlessness. Procrastination. Decreased performance in academics or at work. Significantly disturbed sleep. Falling asleep and staying asleep. Avoidance of social situations, withdrawal.	<b>ILL</b> Clinical Disorder. Severe and Persistent Functional Impairment Significant difficulty with emotions, thinking. High level of anxiety. Panic attacks. Depressed mood, feeling overwhelmed. Constant fatigue. Disturbed contact with reality. Significant disturbances in thinking. Suicidal thoughts/interid behavior.

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