



ARKANSAS WING SAFETY



Electronic Safety - Summer is here and in full swing. Remember, DO NOT set automatic replies for emails when going on vacations.

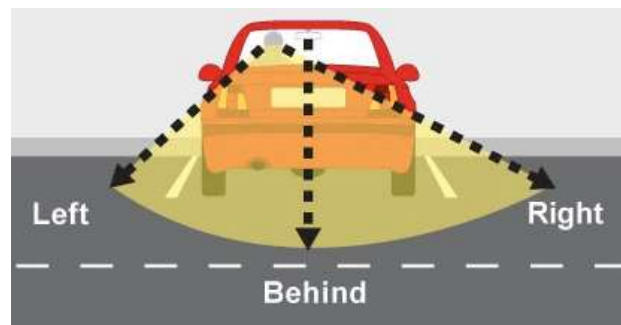
<https://www.scientificamerican.com/article/how-out-of-office-replies-can-put-workers-at-risk/>

Vehicle Safety - Have a 360 view when backing out of parking spaces.

[Backing Up](#)

Seasonal Safety - Fireworks should be used by adults and within safety perimeters as per instructions.

[Fireworks!!](#)

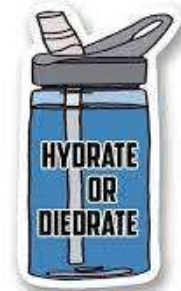


Home Safety - Check your CO2 detector. YES even in the summer.

[Summer CO2](#)

Personal Safety - Hydrate!!

Flying Safety - When flying in the low altitude environment what is the 1st action one should take when facing an abnormal or emergency situation...? CLIMB

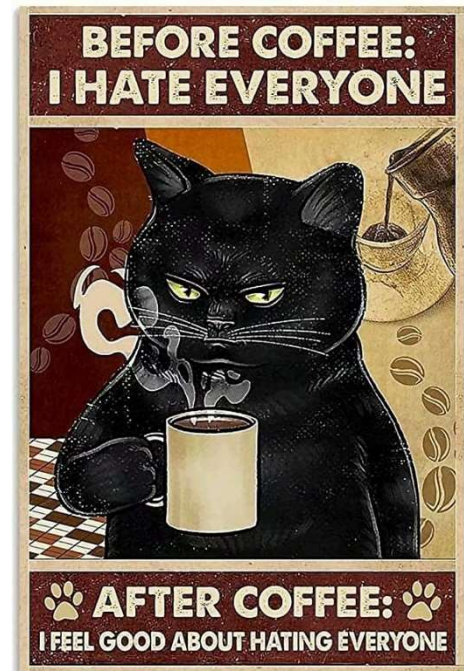
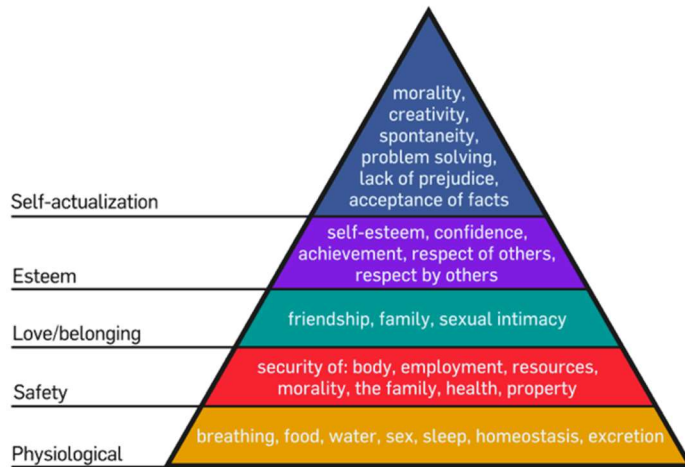




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Mental Health Boost - Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.



Resilience Booster - Purpose Exercises

Finding meaning in one's environment is an important aspect of resilience. In "Man's Search for Meaning," Psychiatrist and Holocaust survivor, Viktor Frankl stated,

"Everything can be taken from a man but one thing: the last of his human freedoms – to choose one's attitude in any given set of circumstances. To choose one's way." (Frankl, 1959)

Psychologists have found repeatedly that people with a strong sense of purpose experience more resilience, a stronger sense of wellbeing and even better cognitive functioning. Purpose in life fosters resilience in part by protecting the brain against the negative effects of stress. According to Patricia Doyle, Ph.D., a Neuropsychologist with the Alzheimer Disease Center,

Bounce Back - Stay Positive

Many of us have the tendency to roll our eyes when hearing this cliché advice. But this isn't necessarily all about tuning out any negative thoughts--those can be particularly revealing.

Instead, this is about avoiding *obsessing* over them. Take some time to determine where things went wrong and how you can improve. But then, move on. Continuing to beat yourself up won't do you any favors.

Plus, doing your best to maintain a positive attitude will make the rest of these steps that much easier.