



ARKANSAS WING SAFETY



Electronic Safety.

Lots of call lately about your car warranty expiring. Do NOT give out your Credit Card information to people who call you

[Car Warranty Scams](#)

Vehicle Safety.

Kids are out of school. SLOW DOWN and look for them playing in the streets.

[Kids in Traffic](#)

Seasonal Safety.

When camping, do a safety survey of your camping site. Storms are coming through, know where your shelter is and how to get there.

[Camping Safety](#)

Home Safety.

Double check your utilities after a flood.

[Flood Cleanup](#)



Personal Safety.

Stretch before you exercise.

[Stretching](#)

Flying Safety.

Low Level Route Surveys are coming up.

[Low Level Flying](#)





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Mental Health Tips

Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.



Resiliency Tips

Storytelling Activity

We can adjust our paradigms by re-creating narratives we tell ourselves. We can get stuck in re-playing the same stories, which may not be helpful or productive. By creating a healthier storyline, we foster our sense of control and how we interpret events. A study

conducted by Pennebaker, et. al (1988) indicated that individuals who engaged in therapeutic [writing](#) experienced more wellbeing and happiness (i.e. resilience) months later. Consider an example in your life where you continue to repeat a story that produces worry or anxiety. Try writing out a new version with a more positive interpretation. Recognize how you feel in the process.

Bounce Back Tips

Lean on Your Support System

Failure can definitely be a bit of a blow to your ego. And you're allowed to feel a little deflated by the experience. You're only human, after all. But, in those moments when you feel yourself spiraling downwards, it's best to rely on your network of supporters. Whether it's your family, close friends, or a mentor, they'll help to shake you out of that self-deprecating state and boost you back up again.

