



# ARKANSAS WING SAFETY



Electronic Safety – Be careful not to give out PII over gaming consoles to strangers.

[PII Over Games](#)

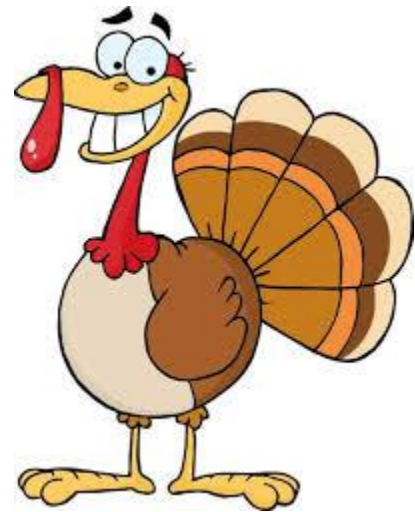
your back up camera.

[Backup Camera News Video](#)

Seasonal Safety – With Thanksgiving coming up, make sure that turkey is thawed before you drop in the deep fryer!! Cook turkey to an internal temp of 165 or higher!!

[Frozen Turkey Video](#)

Home Safety – Change ... NOT CHECK ... The batteries in your smoke detectors and CO2 Detectors.



Personal Safety – Hunting season is upon us. Wear your reflective gear. Only shoot what you are aiming at. Be aware of what's behind your target.

[1 Minute Hunter Safety Video](#)



Flying Safety – Make sure to check that fuel for water.

[Water in Fuel Video](#)





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Mental Health Check - ***“There is no greater agony than bearing an untold story inside of you.”*** -Maya Angelou. If you have personal experience with mental illness or recovery, share on Twitter, Instagram and Tumblr with #mentalillnessfeelslike. Check out what other people are saying [here](#).



**THE FOUR ELEMENTS OF STORYTELLING**

Writing a story is a complex process made up of layer upon layer of choices and details. But across all types of stories and all media, four elements are constant.

- Plot**  
The events of a story. A series of actions and reactions, a cause-and-effect sequence of things happening to propel a character from a beginning, through a middle, to an end.
- Character**  
The who of a story. The people and/or creatures who populate the world, who make the decisions that drive the plot, and who let the audience vicariously experience and relate to it all.
- World**  
The environment of a story. Where it takes place. Includes physical details, like geography, time period, and season, as well as cultural elements, like social, political, and religious systems.
- Language**  
The words of a story. The grammar, style and voice of the writing. Everything from word choice to character names to how the writer puts together sentences, paragraphs, scenes, and chapters.

Inspired by the four doorways of Nancy Pearson. [www.naymitchell.com](http://www.naymitchell.com)

## Resilience Tools - **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.

## Bouncing Back - **View It as an Opportunity**

Failure is harsh. So, viewing it as an opportunity can feel a little counterintuitive. But, that's exactly what it is. Reacting to failure in a positive and professional way is your chance to prove both your flexibility and resiliency. We all fail and learning to roll with the punches is necessary.

I'll spare you the cliché anecdotes about Abraham Lincoln or the Wright Brothers. But, the important thing to keep your sights on is this: Failure is usually a precursor to success.

There's no denying that failure can be a brutal (albeit, inevitable) pill to swallow. However, as tough as it might seem, it can truly be a valuable learning experience that leads to personal and professional growth.