



Why Mental Health at Work Is Important

In this issue of Inside Choice Aviation, we need to discuss how mental health is just as important as physical health. It affects how we think, feel, and act—especially at work. Did you know that **1 in 5 adults** experience a mental health condition annually? That’s why it is important to recognize workplace triggers. Some are:

- 1 Demanding Schedules**
 - Shift and night work can disrupt sleep and increase fatigue
 - Long hours and lack of control over shifts affect work-life balance
 - Irregular schedules which can lead to social isolation
- 2 High-Pressure, Physical Work**
 - Strict deadlines and heavy workloads cause stress
 - Physically strenuous tasks may lead to injury and mental strain
 - Constant exposure to hazards and noise raises stress levels
- 3 Workplace Culture and Leadership**
 - Job insecurity and pressure to perform can lead to anxiety
 - Poor communication and limited support reduce morale
 - Lack of recognition or leadership support affects mental well-being
- 4 Environmental and External Factors**
 - Noise, fumes, and isolation during shifts can contribute to distress
 - Unpredictable situations (weather, delays) add to daily pressures

Signs to Look for to Help Yourself or Someone Else

- Mood swings, prolonged sadness, or irritability
- Anxiety, worry, or withdrawal from social interaction
- Sleep/eating changes or unexplained physical issues
- Increased substance use or thoughts of self-harm
- Physical symptoms like headaches or stomach issues

Choice Aviation Offers

- Employee Assistance Program (EAP) – *Free, confidential counseling*
- Flexible scheduling options
- Mental wellness workshops
- Supportive HR and leadership team

Tips for Everyday Mental Wellness

- Take regular breaks
- Set clear work/life boundaries
- Stay connected with your team
- Speak up if you’re struggling

Need Immediate Help?

HR:
hrhelp@choice.aero
 EAP Hotline:
1-866-574-7256
 Resource Portal:
ADP Employee Portal
844-448-0325

Remember, asking for help is a sign of strength—not weakness. You’re not alone.

A mentally healthy workplace is a safer, more productive, and more supportive place for everyone.

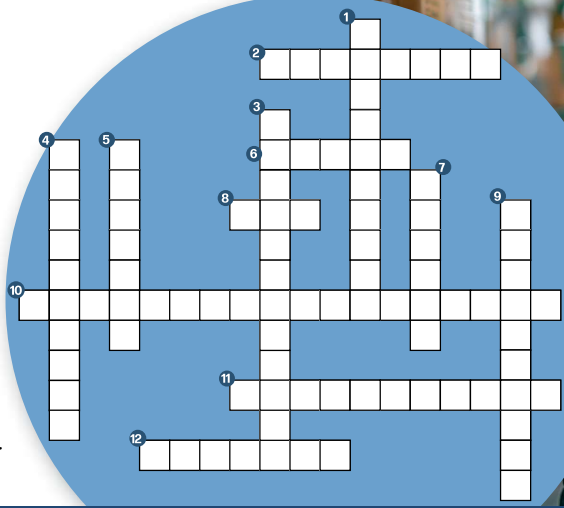
Mental Health CROSSWORD PUZZLE

Across

- 2.** State of calm and peace of mind
- 6.** Essential for overall well-being, helps regulate mood
- 8.** Condition causing repeated unwanted thoughts or behavior (Abbreviation)
- 10.** Chemical messengers in the brain
- 11.** Practice focused on the present moment to reduce stress
- 12.** The ability to understand and share the feelings of another

Down

- 1.** The way you perceive your own value
- 3.** A professional who diagnoses and treats mental disorders
- 4.** Talking therapy that helps individuals cope with mental health problems
- 5.** Feeling of intense apprehension often accompanied by physical symptoms
- 7.** A state of complete physical, mental and social well being
- 9.** Condition characterized by persistent sadness and loss of interest



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 The answers will be in the Inside Choice Aviation Issue No. 9.

