

**Navigating Acute & Delayed Stress as a Flight Attendant: Identifying Warning Signs**

Stress is an inherent aspect of the flight attendant profession, often stemming from the demanding nature of their responsibilities and the unpredictable nature of air travel. It's essential for flight attendants to not only understand the different types of stress they may encounter but also to recognize the warning signs associated with acute and delayed stress for effective stress management.

**Acute Stress: Turbulence in the Mind**

Acute stress is like sudden turbulence during a flight—an unexpected and intense event that can disrupt the normal flow of operations. Flight attendants may experience acute stress during emergency situations, unruly passenger incidents, or unexpected flight delays. This type of stress triggers the body's fight-or-flight response, leading to physiological changes such as a rapid heartbeat, shallow breathing, and gastrointestinal discomfort.



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