



QX & AFA Jump Seat Wellness

Where Support and Understanding Take Flight

☀️ Being Our Best Selves

Building Emotional Resilience: Strategies for Horizon Flight Attendants

Life in the skies is rewarding, but it comes with unique challenges—unpredictable schedules, difficult passengers, and time away from home. Emotional resilience helps you *bounce back, stay grounded, and thrive*.

Here are some quick strategies you can start using today:

🌱 1. Acknowledge Your Feelings

It's okay to feel stressed, frustrated, or overwhelmed. Recognizing and processing your emotions builds resilience—ignoring them does not.

🎯 2. Focus on What You Can Control

Delays and passenger behavior are beyond your control. Your *response* isn't. Protect your energy by focusing on your mindset and adaptability.

🤝 3. Develop a Strong Support System

Lean on people who “get it.” Sharing your experiences can ease the burden.

☎️ AFA EAP Peer Committee: 800-424-2406 / ☎️ Horizon EAP (Lyra): 877-878-7834

💙 4. Prioritize Self-Care

- Rest and recharge
- Eat nourishing meals
- Stay hydrated
- Find joy—even on layovers

🧘 5. Practice Mindfulness

Try deep breathing, meditation, or journaling. Even a 3-breath reset before a tough moment can help.

🌱 6. Reframe Setbacks

Every challenge is a chance to grow stronger and more adaptable.

🛑 7. Set Boundaries & Take Breaks

Protect your energy by stepping away from draining conversations (in-person *and* digital).

💬 8. Seek Professional Support

Resilience is like a muscle—it strengthens with use, and sometimes a coach helps.

🔑 Monthly Jump Seat Wellness Challenge

Pick one to try for 5 days straight:

📶 Connection Challenge

- Each day, reach out to one person in your support system (text, call, or thank-you note).
- On Day 5, reflect on how connection boosted your mood and resilience.

📵 Digital Detox Challenge

- Take short breaks from screens throughout your day.
- Step outside, enjoy a hobby, or simply breathe.
- After 5 days, decide which digital-free habits are worth keeping!