



QX & AFA Jump Seat Wellness

Where Support and Understanding Take Flight

Nutrition & Mental Well-Being for Horizon Flight Attendants

Your demanding schedule, irregular mealtimes, and high-stress environment can affect your mental well-being. Proper nutrition fuels energy, manages stress, and boosts emotional resilience. Here are quick tips to keep you feeling your best:

Stay Hydrated

- Drink water consistently throughout your shift.
- Limit sugary and caffeinated drinks to avoid crashes.

Balance Your Meals

- Include lean proteins, whole grains, and vegetables.
- Balanced meals = steady energy and fewer mood swings.

Cut Back on Processed & Sugary Foods

- Skip foods that spike and crash energy.
- Choose nuts, yogurt, or fresh fruit for sustained focus.

Prioritize Omega-3s

- Salmon, flaxseeds, and walnuts support brain health.
- Helps reduce anxiety and improve mood.

Plan Ahead

- Pack portable, healthy snacks: trail mix, protein bars, hard-boiled eggs.

Limit Alcohol & Caffeine

- Too much caffeine increases anxiety.
- Alcohol disrupts sleep and mood balance.
- Try herbal tea or decaf swaps.

Nutrients for Stress Relief

- Magnesium foods: leafy greens, bananas, almonds (calm nervous system).
- Vitamin B foods: eggs, legumes (support brain function & mood).

By fueling your body with the right nutrients, you can enhance your mental resilience, maintain steady energy levels, and better handle the demands of your role. Prioritize nutrition as part of your self-care routine and experience the benefits of a healthier mind and body.

Jump Seat Wellness Monthly Challenge

Holiday Edition! 🎄 ✨

As we enter the next few food-focused holiday months, share your favorite non-guilty recipe for the holidays with a fellow flying partner(s). Heck, share it with all of us Horizon Flight Attendants by posting it at <https://www.facebook.com/groups/2058866001517247>

Let's inspire one another with delicious, healthy options this holiday season.