



## **QX & AFA Jump Seat Wellness**

*Where Support and Understanding Take Flight*

### **New Year, Clear You: Setting Achievable Well-Being Goals** ✈️

As we roll into a new year, it's the ideal moment to reflect, reset, and realign with what matters most. Flight Attendant life may be unpredictable, but your well-being doesn't have to be. Here's how to set goals that actually work with your schedule.

#### **Start with Clarity**

- What do you want *more of* this year?
- Energy, sleep, calm, connection... name your priorities.
- Clear intentions point your goals in the right direction.

#### **Keep It Realistic & Measurable**

Swap vague resolutions for doable actions:

- Pack a healthy snack for every trip
  - Walk 20 minutes on layovers
  - Journal one line a day about how you're feeling
- Small, consistent actions create the biggest lift.

#### **Focus on One Area at a Time**

- Choose 1–2 areas like hydration, mindfulness, or financial wellness.
- Building momentum in one area often boosts others.

#### **Adjust Without Judgment**

- Progress isn't perfection.
- Miss a day? Reset and keep going.
- Giving yourself grace is part of the growth.

#### **Add Accountability**

- Share a goal with a flying partner.
- Set reminders or tuck a note where you'll see it in your tote.
- Check in with yourself during layovers.

#### **This Month's Jump Seat Wellness Challenge**

##### **Write a letter to your future self.**

Track a goal, send encouragement, or remind yourself why you started.

Use: <https://www.futureme.org>

**Wishing you a year of health, clarity, and calm skies.**