



Brain Health: Staying Sharp on the Line

For Flight Attendants, brain health is essential to safety, performance, and well-being. Long duty days, fatigue, stress, and irregular schedules can affect focus, reaction time, memory, and emotional balance. When the brain is supported, decision-making improves and stress is easier to manage. The good news is that small, simple exercises can make a big difference, even on a busy trip. Below are a few quick brain boosting exercises.

Quick Brain-Boosting Exercises

- **Box Breathing:** (2 minutes): Inhale 4, hold 4, exhale 4, hold 4 to calm stress and reset focus.
- **Cross-Body Moves:** (30–60 seconds): Alternate touching opposite hand to knee to boost alertness and coordination.
- **Mindful Pause:** (1 minute): Notice what you see, feel, and hear to ground and refocus.
- **Mental Drills:** Name airports or safety procedures alphabetically to strengthen memory and flexibility.
- **Hydration & Sleep:** Even small improvements support brain function and clarity.

Protecting brain health doesn't require extra time. It only requires intentional moments. These quick practices help you stay sharp, resilient, and ready for the demands of the job. If you find yourself struggling with personal or work-related concerns, don't forget. Your AFA EAP is available for confidential support and assistance. You can access your local EAP committee members at 800-424-2406 or at https://www.afacwa.org/your_local_eap_rep

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