

Mind, Body, Spirit: A Holistic Lens on Mental Health and Wellness Promotion

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4th ICAO APAC AME Refresher Course

Bangkok

23-24 June 2025

Mental Health - WHO

- Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being¹.
- Mental & brain health - integral elements of health and well-being²
- Brain health is the state of brain functioning across cognitive, sensory, social-emotional, behavioral and motor domains, allowing a person to realize their full potential over the life course, irrespective of the presence or absence of disorders³.

1. https://www.who.int/health-topics/mental-health#tab=tab_1

2. <https://www.who.int/news/item/21-10-2024-who-releases-new-framework-and-advocacy-strategy-for-mental-health--brain-health-and-substance-use>

3. https://www.who.int/health-topics/brain-health#tab=tab_1

Mental Health - WHO

- Mental, neurological and substance use (MNS) disorders make up 10% of the global burden of disease and 25.1% of non-fatal disease burden⁴.
- To promote a holistic, person-centred approach to the promotion and protection of physical and mental health, WHO has prepared an **integrated operational framework for mental health, brain and substance use**. Working in close collaboration with WHO's **Strategic Technical Advisory Group (STAG-MNS)**, the framework throws a new light on the links between MNS conditions, also links between MNS and other health conditions, to show how integrating promotion, prevention and management strategies can lead to a more effective use of resources and better health outcomes.

Clinical medicine



ICAO and States

- Mental Health and wellness promotion
- Training of AMEs
- Peer Support Programs
- More inclusive regulatory policies
- Inclusion in SMS

Mental Health and wellness promotion

- Awareness – regulatory, organisational, peer, individual
- Training
- Efforts to de-stigmatize
- Opportunities to seek help
- Resources and guidance material

EXERCISE IS BENEFICIAL FOR SLEEP

Minimum recommended time per week

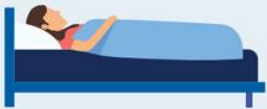
moderate

150 MIN



vigorous

75 MIN



- Better rest
- Sufficient sleep = less anxiety and depression

AVOID CAFFEINE BEFORE BEDTIME

Caffeine is a psychoactive substance



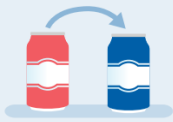
Caffeine detrimentally affects sleep

- Promotes vigilance
- Reduces sleepiness
- Disrupts your normal sleeping pattern

Avoid drinking beverages with caffeine **within 4-6 hours of a sleep period**



If you habitually drink such beverages with meals, switch to a non-caffeine variety



CAFFEIN FREE

FITNESS TO FLY

A MEDICAL GUIDE FOR PILOTS



ICAO



IN COLLABORATION WITH

Know your circadian rhythms



Try to go to sleep at a time you are most likely to drop off



MAXIMIZE THE BENEFIT FROM SLEEP OPPORTUNITIES



It takes a day to fully adapt to each hour of time zone shift

Napping is a useful mitigation for lack of sleep



even for 10-20 minutes

Alcohol consumed before a sleep period can be a flight safe risk



Alcohol increases fatigue and speeds up the process of falling asleep, **but the quality of sleep is poor**

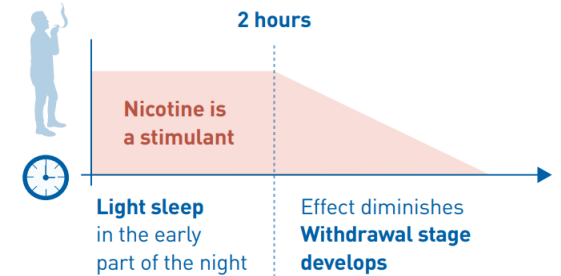


Disruption in sleep patterns **reduces daytime alertness**



Muscles of the throat relax, increasing the **risk of sleep apnoea**

SMOKERS AND SLEEP



Smokers are more likely to feel less rested after sleep

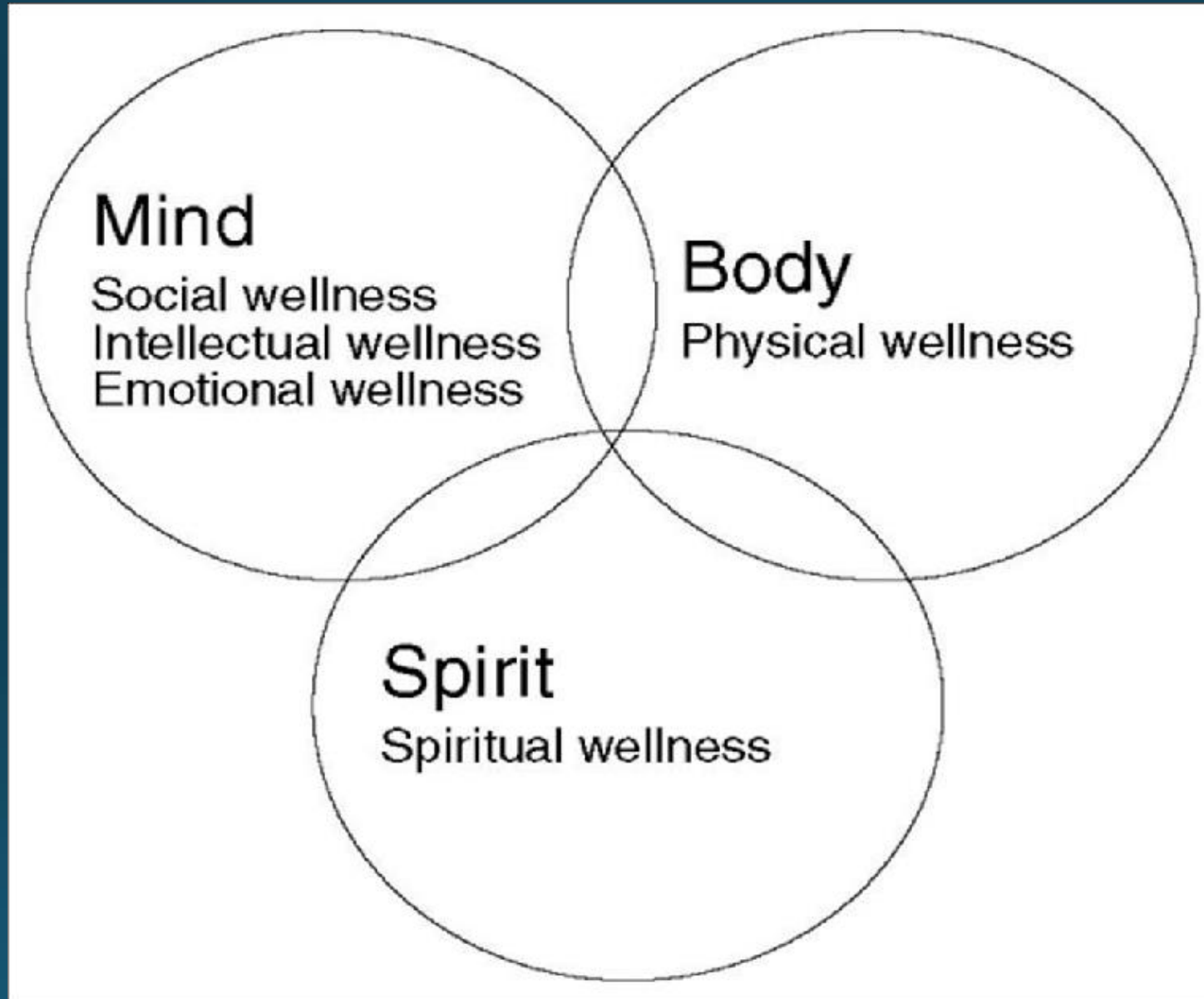
Smokers are 2.5 times more likely to have sleep apnoea



Quitting reduces the risks to the same level as a person who never smoked

Aviation medicine



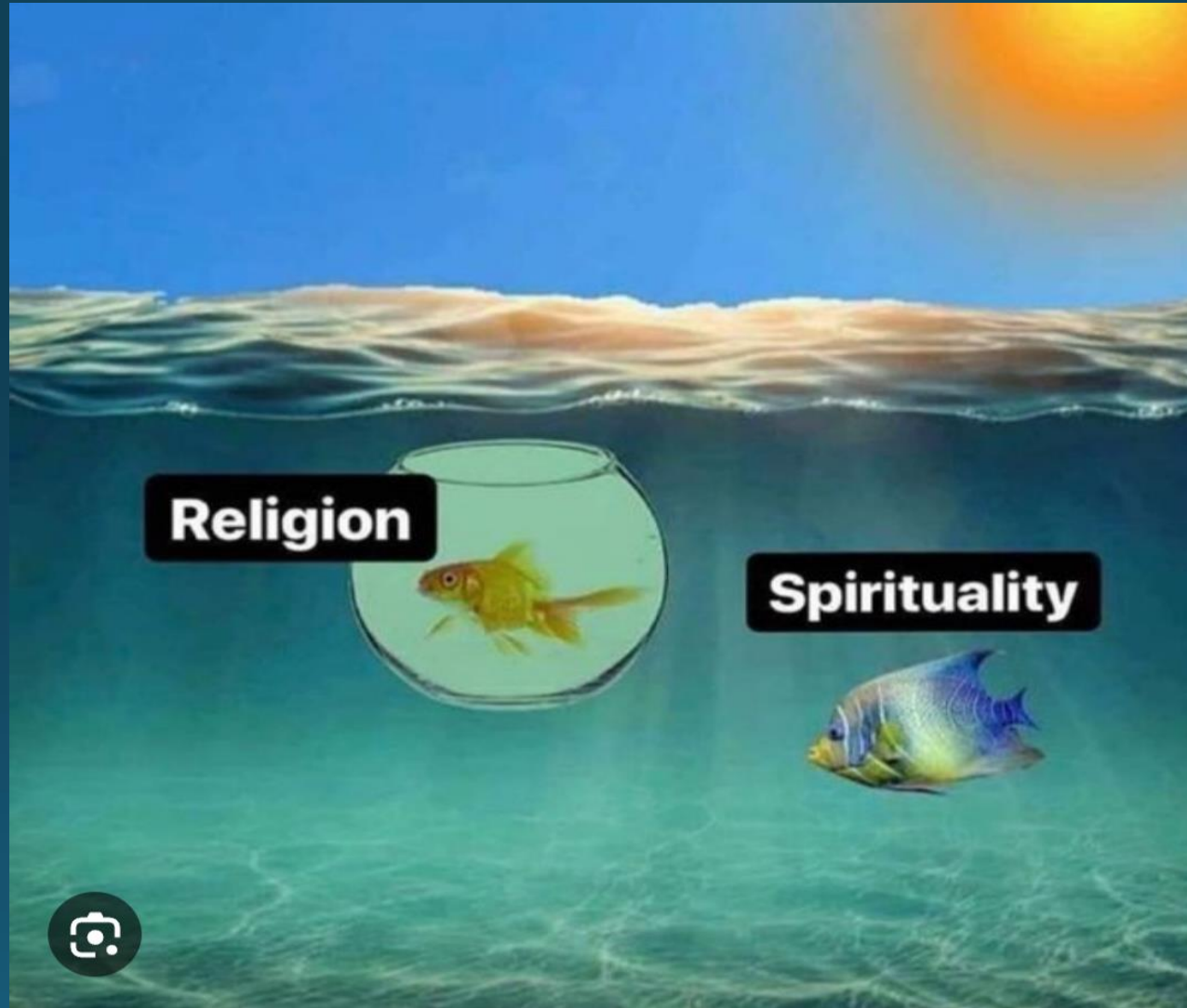


What is spirituality?

Definition of Spirituality



Are they the same?





I – Inner anchor



- Connect with ourselves better
- Find meaning and purpose
- Deeper understanding of life's events
- Depend on ourselves rather than surroundings
- Strength, stability and sense of purpose

S – Strength to survive mental trauma and seek support



- Inner strength helps navigate adversity
- See beyond what meets the eye
- Keeps you rooted
- Ability to find strength and support from self and others
- Handle emotions and regulate them better

T - Tolerance



- Instant gratification, frustration, low tolerance leads to MH issues
- Fear of loss of position and possessions
- Learn to let go
- Develop greater acceptance
- Helps social-emotional level

P – Peace and positive attitudes



- Peace with yourself and others
- Connectedness with nature and life's force
- Aggression reduces, focus increases
- Focus on larger goal
- Improves cognitive and sensory abilities

R – Resilience



- Ability to make difficulties into opportunities
- See larger purpose behind life events
- Inner anchor holds you despite circumstances
- Realise our full potential

I – Illness recovery

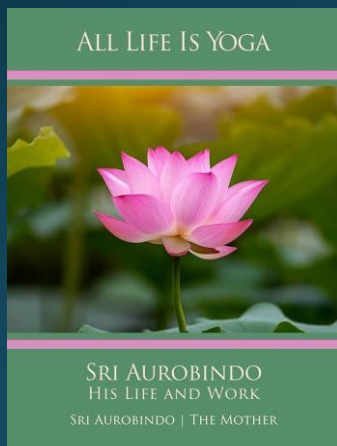


- Sense of purpose gives strength to accept illness and ability to work integrally towards recovery
- See joy in small things
- Become grateful of life's gifts
- Improves recovery and will to survive and bounce back
- Patience with self and others
- Draw energy from nature

To conclude

- Most of the medical problems in aviation medicals are either mental health or physical conditions related to stress
- The SPIRIT (along with biological, psychological and social aspects) is crucial in aviation fitness
- It's not a question of, whether we should consider the “bio-psycho-socio- spiritual model”
- The question is - can we ignore it??

“An illness of the body is always the outer expression and translation of a disorder, a disharmony in the inner being; unless this inner disorder is healed, the outer cure cannot be total and permanent”



Sri Aurobindo

