

THE GUARD MONITOR

Official Newsletter of the 21.Five Professional Pilots Podcast

THIS ISSUE'S FEATURED ARTICLES:

Continuous
Coronavirus Coverage

Resources for You

Simple Ways to Help



WE NEED YOUR PILOT STORIES

Dylan and Max are compiling stories from pilots around the industry to share in a future episode. Shoot us an email to info@21fivepodcast.com if you have something funny, interesting or compelling to share.

As the COVID-19 crisis continues to develop, Dylan and Max are working diligently to stay on top of how it is reshaping the aviation industry.

In the last two weeks, the guys have released five emergency episodes to cover developments as they unfold, and they will continue to deliver the information you need to know. Email us at info@21fivepodcast.com to make suggestions on topics for us to research and report back to you. You can listen via the [link on our website](#) or anywhere you get your podcasts.

Episode 24: Real Talk with Professional Pilots Affected by the COVID-19 Crisis

Episode 25: Are Furloughs Coming? With James Onieal

Episode 26: How to Survive Disruptive Change with James Onieal

Episode 27: The Airline Bailout: What Does it Mean for Professional Pilots?

Episode 28: How does the Coronavirus compare to 9/11?

RESOURCES FOR YOU & SIMPLE WAYS TO HELP

The current situation has undoubtedly created a significant amount of stress for pilots in all sectors of the industry. We can't predict how this will all shake out or provide any amount of certainty, but we can direct you to a few resources to help you manage the day-to-day.

Stress Management:

[Johns Hopkins on Dealing with Stress and Anxiety](#)

[CDC on Managing Anxiety](#)

[UCLA Free Mindful App](#)

Healthy Distractions:

[Dad Toilet Paper Math](#)

[Bob Menery Live Trivia](#)

[#TogetherAtHome online concert series](#)

Book Recommendations:

[Billion Dollar Whale](#)

[The Road Back to You \(Faith Based\)](#)

TV Show Suggestions:

[Better Call Saul](#)

[Briarpatch](#)

[Yellowstone](#)

Lend a Hand:

Donate blood (Note: if you've traveled outside the country in the last eight weeks, you'll be denied.)

Donate to local food banks

Support local businesses- Many local breweries are selling deeply discounted growlers of beer to-go.



Visit our website for continually updated episode guides, helpful links to resources, and our blog.

We love seeing your aviation license plates. Keep them coming!