



# Tips to fight flight anxiety

We've all been told that flying is safer than traveling by car to a destination, but that fact doesn't always calm the pre-flight jitters of even the most experienced business travelers. Fortunately, there is advice travelers can follow to stay calm during their travels.

## HERE ARE A FEW POINTERS:



Did you know that **one out of every six adults** has flight anxiety?<sup>1</sup>

## PINPOINT THE CAUSE OF YOUR FEAR



FEAR OF ENCLOSED SPACES



HEIGHTS



STRANGE SOUNDS



SITTING IN STALE AIR



CROWDED SITUATIONS



LACK OF CONTROL



TERRORISM



### 1 AVOID CAFFEINE

Consuming caffeine may put you on edge and heighten anxiety. Be sure you eliminate caffeine from your diet 72 hours before your flight.<sup>1</sup>



### 2 FAMILIARIZE YOURSELF WITH FLYING

How is the plane supposed to sound when it takes off or lands? What will you hear while in the air? Read up on what a typical flight is like and what you can expect, so there aren't any surprises.<sup>2</sup>



### 3 CHECK THE TURBULENCE FORECAST

Turbulence can be a normal part of flying. Read up on what causes turbulence and how it feels. If it happens when you are flying, remind yourself that it's normal.<sup>2</sup>



### 4 VISUALIZE YOUR DESTINATION

It may sound silly, but bring a picture of your destination or visualize the wonderful time you plan to have when you get there. This will take your mind off being in the air or other uncomfortable sights and sounds.<sup>2</sup>



### 5 TRY RELAXATION TECHNIQUES

Load up your iPod with relaxation music and plug in as the flight takes off.<sup>2</sup> Practice deep breathing exercises, and if it's a long flight, get up and walk around every half-hour.<sup>1</sup>

<sup>1</sup> [http://www.nbcnews.com/id/7549546/ns/travel-travel\\_tips/t/tips-leafy-ber/](http://www.nbcnews.com/id/7549546/ns/travel-travel_tips/t/tips-leafy-ber/)  
<sup>2</sup> <http://www.budgettravel.com/feature/travel-advice-overcoming-flight-anxiety,12630/>

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