Flying techniques to cope with Flight Anxiety

Avoid caffeine and alcohol

1. **Positive Anchors**... Think about when you reach the end of your trip the thing you are looking forward to the most... Could be seeing your loved one, seeing your pet that you have missed or simply having a couple of tea... Think about that happy thought, and anchor it into your mind... keep thinking about this as it stabilisers your body... the anchor focuses your mind of something super positive about the flight you are on, and by anchoring your mind you have the ability to stabilise your thoughts and body. Always come back to your anchor thoughtout, whenever you are on the plane. The mind gets tricked as it thinks... oh, you are not worried about flying, you are excited about getting home... positive thought... positive anchor. Use before, you get on the plane, while you are sitting on the plane, while you are on the flight....etc... Your mind starts to recognise this as a positive thought which overrides negatives.
2. **Recognise your Triggers...** You have to be on the alert that you mind will hijack your happy thoughts and make you think crazy thoughts. You will look for every single reason to become nerves. It could be something the pilot says, turbulence, loud noise, or a passenger just being annoying... Really pay attention to how many things trigger you that don’t need to trigger you, and fight to take control and focus on your positive anchor through...
3. **Everything is a good sign ...** Everything is a good sign as you are one step closer to getting to your destination.When the door shuts, or the planes starts moving, you look at this good news... you don’t look at this a panic, you start to look at this as getting to your destination with excitement.
4. **Set yourself up for success...** Create a play list of music or have a download film or TV show... This is a distraction to your mind and to noise and things around you...
5. **Use the 5 second rule...** The second you thoughts drift, maybe from a noise or turbulence... count back from 5 -1 quickly and then drop in the anchor thought. This interrupts the negative thought patterns, breaking those habits.

**Take off Tricks**

1. **The take off...** Use the distractions and anchors thoughts to stabilise your thoughts, and then your body does not get all agitated and start panicking.
2. **Always expect turbulence...** Always... expect it... if you start to worry.. do 5,4,3,2,1 and anchor thoughts. Remember when you drive your car, and this can bounce along the road.. you don’t panic with this.. it’s the same motion with the bounce.
3. **Trust the pilots...** Not only are they highly trained, they do it every single day and would not put themselves in danger let alone you. You have to let go of that control and trust the pilots.