

Fear of Flying

Is your fear of flying ruining your holidays? Then you are not alone. Up to 1 in 10 of us [Anxiety UK] may be affected.

Aerophobia is a disproportionate apprehension about air travel. The fear of flying may be linked to other psychological issues such as claustrophobia (fear of closed spaces) or increased anxiety. Anxiety UK tells us that there are commonly 2 groups of Aerophobics. The first group may fear 'internal loss of control'. For these individuals, their fear of flying comes from a fear that they will lose control of their emotions during the flight and embarrass themselves. The second group's fear is based on more external factors, such as turbulence, bad weather or a mechanical problem.

We all know the statistics behind flying – it is one of the safest modes of transport available to us today. In fact the journey from your home to the airport carries more risk than your flight. However, this is of little solace to those for whom the thoughts and sensations of flying make them anxious.

Here at Ride the Waves Coaching and Hypnotherapy I can help you with your fear of flying. There are relaxation techniques I can teach you and I can give you some useful tips on preparing for the journey and how to make your flight as comfortable as possible. I can give you tips on: thinking about the destination and not the journey; learning relaxation and distraction techniques; some useful tips on your well-being and health whilst flying, such as staying hydrated (but not with alcohol!) and keeping your blood sugar stable. A useful book for you to explore is *'Overcome Your Fear of Flying'* by Professor Robert Bor, Dr Carina Eriksen and Margaret Oakes, Sheldon Press, £7.99

It is important that you don't leave it until the last minute to prepare for your flight. Learning how to manage your anxiety is a skill. Just like any other you learn, it takes a bit of time to perfect. However, if you do give it the time and attention then you will be able to get on that flight and enjoy your holiday. Give me a call or drop me an email to find out how I can help you.

Happy travels