



# Tips To Alleviate Flight Anxiety



## Statistics

- > When it comes to flying, **33-40%** of people experience a form of anxiety
- > Clinical “phobia” affects between **2.5-5%** of the population
- > Anxiety can set-in **leading up** the flight and **during** the flight
- > Experiences of generalized anxiety are self-managed by **60%** of sufferers
- > **27** is the average age of a first fear-of-flying "attack"
- > Anxiety often stems from the perception of danger, despite the chance of death being only **1 in 20 million**
- > Airline passenger safety has improved more than **twenty-fold** in the last five decades
- > Experts report a **95%** chance of survival — even if the plane crashes



## Common Causes of Flight Anxiety

- > Feeling out of control or overwhelmed
- > Past flying-related trauma
- > Fear of heights
- > Additional tension due to social anxiety, germaphobia, claustrophobia, etc.
- > Inherited fear from family members
- > Concerns of suffering a health emergency without access to a medical professional

## Ways to Help Ease a Fear of Flying



Research the facts about flying



Perform a pre-flight calming routine



Practice comforting visualization and breathing exercises



Identify specific triggers and work around them



Put together a self-care kit



Prepare distractions such as a movie, podcasts, or a soothing playlist



Alleviate car-related concerns by opting for near-airport parking



Pursue therapy to address and manage anxieties

