10 Ways To Deal With Aerophobia

Aerophobia...the fear of flying. Let's get through it together.



- [ ] Go to your doctor and explain your fear -- this is your first step. They can help you by prescribing medication for your flight. If this doesn't work, move on to step two.
- [ ] Before your flight, avoid caffeine as it can increase anxiety. Opt for a calming tea such as chamomile and stay hydrated with water.
- [ ] I've noticed window seats cause me more fear. Try your hardest for an aisle seat -- it makes it feel less like you're in the sky.
- [ ] TALK TO YOUR FLIGHT ATTENDANT. I've had nothing but good experiences. Talking to a flight attendant is therapeutic and they deal with people who are afraid of flying every day.
- [ ] Watch your flight attendants. If they are smiling and calm (even during heavy turbulence) then you should feel safe.
- [ ] Be social! It always helps me to strike conversation with friendly co-passengers. Watching them unaffected by the flight makes things so much easier.
- [ ] Escape to the bathroom or walk the aisles. You are allowed to as long as the seat belt sign is off! This passes time and stimulates other senses besides anxiety.
- [ ] Put your headphones in and keep them there. You won't hear the sound of the airplanes.
- [ ] If you are of-age, have a stiff cocktail! They call it 'liquid courage' for a reason.

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