

Pocket these 12 secrets to overcome the obsession of flying

Please pocket these 12 simple tricks to overcome the obsession of flying!

1. Top 10 extremely interesting things on the plane may not know you
2. 25 "extremely useful" body tips in life that you should apply
3. 7 effective tips for having an ideal flight may not be known

Most of us have to wait for a whole year to have a vacation to go out with a family, but **the fear of flying** will make your trip a torture without knowing how to control it. fear this.

Traveling far away is a top choice to relax after a hard working and studying time. To make these trips there is no other convenient way besides flying. However, traveling far away becomes difficult for those who suffer from fear of flying, making them anxious and dismayed.

There are **12 simple tips** on the Bright Side page **that can overcome the fear of flights** .Please refer to the following article!

Before the flight

1. Learn thoroughly about chaos



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Many people are afraid of flying because they cannot believe that a " *giant metal block* " can actually fly in the air. To explain these things, learn some references:

1. **The plane can fly in the air as well as cars running on the road**
2. Sometimes there are some small, disturbing incidents due to aircraft moving through clouds or bad, simple weather such as cars running on bad roads many potholes.
3. The aircraft is always very carefully prepared to ensure safety for the flight

2. Research related statistics



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It is estimated that the chance of dying in a plane crash is very small (*about 1/30 million cases*). For better performance, compare this risk with other risks:

1. It is known that people will **easily die from food poisoning rather than plane accidents** .
2. The most dangerous means are cars, not aircraft. Flying on a plane is usually 6,000 times safer.
3. Currently, there are about 13,000 airplanes in the air, each carrying at least one scared passenger, but they will safely return home so don't worry too much.

3. Prepare psychology for a new experience



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Fear often comes to passengers when they first experience on the plane. Our bodies can react to pressure changes, so find out in advance what will happen to you and the plane during the flight.

1. **A small change in the feeling of first time flying is very normal.**
2. Completely normal when the aircraft reaches a great speed when taking off and landing.
3. The wing of the plane moving while flying is normal.
4. When you reach the right height, you will feel like the plane is stopping, but the truth is not that!

See also: 10 strange things happen to the body when you fly

4. Learn airports and airplanes



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You may feel more comfortable knowing that there are many people using airplanes, as well as aircraft maintenance staff. So, if you really feel anxious, you can learn about the airport and how it works you will be relieved to know that:

1. Every 5 years, the aircraft is fully inspected and maintained.
2. **The aircraft is always checked for errors before each flight.**
3. The airport is always checked every three months.

5. Use this medium more often



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Many people are afraid of traveling by plane often afraid to move by this means, but in fact, the more used, the more familiar with it and easily control the fear.

6. Experience virtual flights



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This may sound ridiculous, but according to experts, to be able to get used to and adapt to the atmosphere of a real flight, making a virtual flight will make it easier for you to adapt. If possible, you should try this method, it will be surprisingly effective!

7. Limit viewing bad information before flight



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Try to avoid hearing bad news before your flight : you should not read and learn about aircraft accidents or similar collisions. Especially avoid going into the problem, looking for old accidents because sometimes it will make you obsessed with flying.

In flight

8. Breathe properly



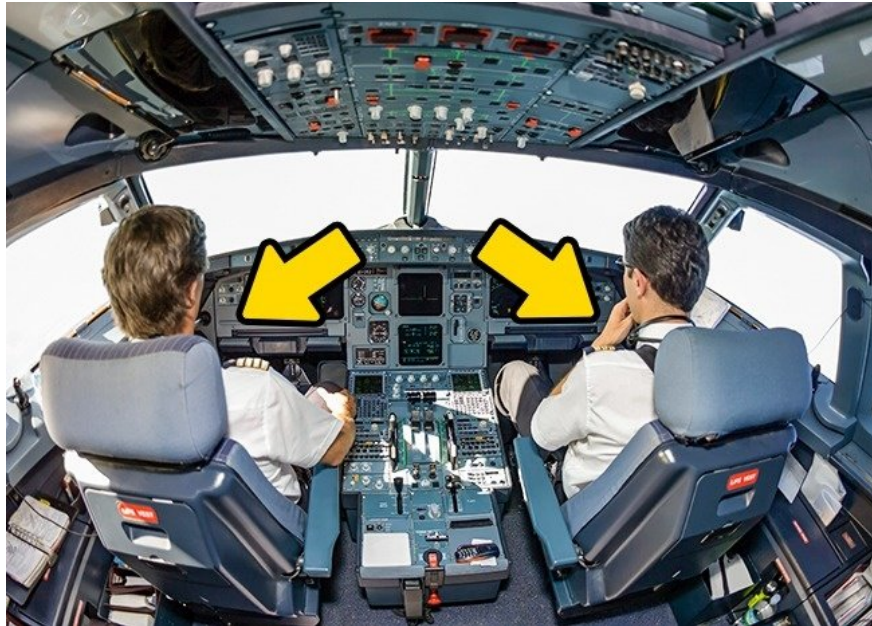
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If you feel too anxious and scared during the flight, fight it and don't let it panic. Try the breath adjustment:

1. Inhale for 4 seconds.

2. Hold your breath for 4 seconds.
3. Exhale for 4 seconds.
4. Hold your breath for 4 seconds.
5. **Repeat until you feel better.**
6. Remember to breathe with your belly!

9. Accept the loss of control



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Fear of aircraft is often because you cannot control all situations for the situation on the plane. So rest assured because aircraft handled by experienced pilots are eligible to deal with most unexpected situations.

10. Focus on other things



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Try to forget the fear in many ways such as:

1. Reading books
2. Play the game with your companion
3. Chat with the person sitting next to you
4. Snacks
5. Play games on the phone
6. Solve puzzles

11. Imagine



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Imagine you're going to where you want to go, or think of anywhere to make you feel more calm and stable. Besides, remembering a happy memory will help you feel less stressed. Try it!

12. Put a thin rubber band on your wrist



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Put a thin rubber band on your wrist. If you can't resist the fear and feel it clinging to you constantly, tighten the rubber band so you feel pain, then you will think about the pain in your hand rather than the flight you're on over again.

Here are some tips for you, wish you great holidays. Wish you have a peaceful flight and a happy holiday!

See also: [11 fighters will change the world military position in the near future](#)

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