



A Dozen Do's to Discover the Sky's no Longer the Limit

Using these tips, discover that freedom to fly whenever and where-ever you want.

Don't ever again miss out on fantastic opportunities to enjoy flying to friends, family and exciting places overseas.

No longer need you refuse business trips and important meetings.

- If you have health concerns, discuss them with your doctor before booking a flight.
- Visit an airport. Familiarise yourself with it. Watch the planes taking off and landing. Look around and notice how relaxed most people appear.
- If you have other related fears e.g. panic attacks or claustrophobia, take small steps, one at a time, to face your fears and build your confidence...
- Show yourself how safe it is. Find out more about how planes fly, and safety statistics.
- Mention you are anxious about flying, when booking, checking in and boarding.
- Pre-book your seat online.
- Arrive early: Check in leisurely and go straight through Departure formalities.
- Have a snack and a non-alcoholic drink once you are through security.
- On the plane, make sure you have something interesting to read – and perhaps listen to.
- Yawn and stretch. Move around when you're allowed. Eat the meal, talk to others.
- Focus on what you will be doing when you arrive at your destination.
- Work through self-help materials. Seek professional help if that proves insufficient.
- Do it now! The longer you wait, the more you miss out, and the harder it gets.

Remember that there's substantial evidence that this common problem, affecting around 15% of the UK population, is usually solvable.

Embarrassment merely blocks the opportunity to seek help.

Consider treatments based on cognitive behavioural principles (CBT) which have been shown to help many people overcome their fear and enjoy the Freedom to Fly

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