

Conquer your fear of flying

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SPECIAL

Recognise your triggers so you can sit back and enjoy the ride.



Ben Evans

If the thought of boarding a plane rattles you, give these top tips a go

Known as aviophobia, the fear of flying is an increasingly common phobia effecting one in four Australians. To help, Ben Evans, co-owner of Flight Experience Sydney shares his handy hints...

JUST BREATH

As anxiety increases, your breathing may get shallow. Learn to control your breathing and even try a meditative breathing exercise to relax. Start breathing slowly and deeply in for four counts and out for eight counts. Focus on expanding your

lungs and stomach to feel the full effects of deep breathing.

RELAX...

Progressive muscle relaxation (PMR) is a powerful way of relaxing small groups of muscles, one by one. Beginning with your feet, tightly tense the muscles by curling your toes and holding that tension for five to 10 seconds. Follow by tensing and relaxing muscles in your legs, pelvis, stomach, chest, back, arms, hands, neck and face.

NO NEGATIVE THOUGHTS

Cognitive behavioural therapy (CBT) is a way of dealing with

negative feelings. Essentially, it's not events that upset you, but the meaning that you give to those events. Learn how to identify and challenge negative thoughts with realistic ones. Eventually your unrealistic thoughts will be replaced by accurate thoughts, leading you to feel less fearful.

CUT THE CAFFEINE

For those prone to panic attacks, skip caffeine on days you are flying. Caffeine increases the heart rate, making it more likely you will have

a panic attack when faced with a situation that already makes you anxious. Try chamomile tea instead – it relaxes your entire body.

FOCUS ON THE POSITIVES

Don't distract yourself from the flying experience, but rather engage in the enjoyable parts such as the in-flight entertainment and refreshments!

Remember that every flight provides you with the opportunity to make the next one easier. Your goal is to retrain your brain to become less sensitised to the triggers that set you off.



FEELING SHADY?

Here's the ultimate beach essential – a multi-purpose sunshade that shields your face from harmful UV rays – while still allowing you to get a full body tan. The Original Shader is \$70, but the Shader Premium, \$140, has a solar bank to charge your devices, a six-pack drink holder and fan! Go to shader.com.au for info.



DRINK UP!

From organic kombucha to probiotics, amp up your hydration with these new health elixirs. They support healthy gut bacteria and digestion and boost energy – without caffeine!

1 Perki Probiotic Water in Lime & Coconut, \$39.95 (pack of 10)
2 Remy Organic Kombucha in Cherry Plum, \$4.50
3 Rok Kombucha in Berry Beats, \$4.99
4 Kreol Sparkling in Raspberry & Lime, \$4.90