

# Overcoming your fear of flying, it's a safe way to travel

FEAR of flying is a common affliction, even for regular flyers. For some, it's due to an upsetting experience – memories of a turbulent flight in childhood, say – or simply something that you feel has been with you as long as you can remember.

While there are seldom quick fixes for any kind of phobia, Luane Lavery, brand communications manager for Kulula

and British Airways suggested a few ways to deal with the problem:

■ **Know the limits of logic:** it's worth acknowledging that commercial air travel is very safe. Statistically it's far safer than travelling on the roads. So accepting that fear feels real even though it's not rational can be a first step towards overcoming it.

■ **Find a goal:** before you board your

flight, focus on something that you're been looking forward to experiencing when you land.

■ **Speak up:** the flight attendants are there for your safety and comfort, and tell them you're nervous.

■ **Know what ignites your fear:** recognise what triggers anxiety.

■ **Treat yourself:** a new book, a playlist of favourite songs or a TV series to

binge-watch on your device.

■ **Trust the technology:** modern airliners are so over-designed that the very worst turbulence won't damage them. Follow the safety procedures and keep yourself strapped in.

■ **Chat to a pro:** a professional can help you find ways to deal with your fear.

Visit the SA Depression and Anxiety Group at [www.sadag.org](http://www.sadag.org) for more.