

# EIGHT TIPS TO REDUCE STRESS WHEN FLYING



Air travel can be a stressful experience. To help support your total health while traveling, Kaiser Permanente has created a list of stress busting tips.



## SCHEDULE TIME

Stay calm by building in plenty of time to arrive and get through airport security. Try arriving at least 2 hours before your domestic flight to avoid rush and stress.



## TAKE A BREATH

Slow deep breathing is a powerful tool to lower physical and psychological stress—and it's a tool that you can use any time.



## THINK POSITIVELY

Negative thinking is a common symptom of anxiety. Try replacing your negative thoughts with positive ones, such as focusing on the purpose of your trip.



## EAT HEALTHY

Eating healthy food helps you avoid energy dips and mood swings. Choose healthy food at the airport or consider bringing your favorite fruit or veggie snacks from home.



## STAY HYDRATED

It's easy to get dehydrated when traveling and this can lead to headaches and more stress. Consider bringing a reusable water bottle to fill before the flight or make sure to drink plenty of water while on the plane.



## KEEP MOVING

Physical activity is a proven stress reducer. Consider a power walk through the airport, get up and stretch during the flight if you can and if not, try simple seat exercises.



## BE COMFORTABLE

Bring your favorite travel accessories to help you feel more comfortable – such as reading material, downloaded videos, headphones or a neck pillow.



## TALK WITH YOUR DOCTOR

If you think your travel anxiety goes beyond normal travel stress, please consult with your doctor.