

## Fear of Flying Help Course

[www.fearofflyinghelp.com](http://www.fearofflyinghelp.com)

### Checklist for Success

#### Day Before My Flight

- Limit caffeine & sugar. Drink lots of water. Refrain from alcohol.
- Get organized. Accomplish as much as possible the day before.
- Pack your favorite books (**Wings of Discovery?**), snacks, puzzles, music, etc.
- Bring magazines with splashy photos of beautiful places.
- Pack a copy of this Support Package and print-out of this course.
- Plan on a good night's sleep. Set at least 2 alarms.
- Review and practice the Cheatsheet Tools before sleep.

#### Morning of Flight

- Get up plenty early. Be deliberate. Don't be rushed.
- Eat breakfast. Avoid too much O.J. (high acid content) and coffee. Drink water.
- Review the Cheatsheet Tools. Leave early for the airport. Drive safely.
- Practice your breathing & tensing exercises during your drive.

#### At the Airport

- Get there early. Go to the boarding lounge.
- Look outside at the planes. Can you think of questions for pilots?
- Sit, relax, and review the Cheatsheet Tools. Look at beautiful magazine photos.

#### Boarding the Plane

- Tell a Flight Attendant you are nervous and ask to visit the pilots.
- Chat with the pilots, ask questions, mention you sometimes get nervous.
- In your seat, say "Hi" to your seat-mate. Ask if he/she gets nervous flying.
- Refer to Cheatsheet Tools if necessary.

#### During the Flight

- How often do you get the time for simple pleasures? Enjoy yourself!
- Snack, read, listen to music, look at pictures, do puzzles, chat.
- Get up, walk around, stretch your legs. But, obey the seatbelt signs.

#### Landing

- No big deal. Continue with activities. Use your Cheatsheet Tools if needed.
- Soon you will be at your destination and your flight will be complete.

#### **YOU Have Done It!!! Congratulations!!!**

- Gather your belongings. Say "Bye" to your seat-mate. Thank the crew.
- Allow yourself to smile & enjoy this important accomplishment!

***You now have a new freedom and a world of opportunities!***