

# 8 WAYS TO STAY CALM

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## WHILE FLYING

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# 8 Tips for Anxious Flyers

Traveling by air can be stressful, but with the right mindset and tools, you can ease your anxiety and feel more in control. Here are some simple, effective tips to help you stay calm.

## 1. Breathe Deeply

Focus on your breath. Slow, deep breathing can activate your parasympathetic nervous system, calming your body and mind.

### Try this technique:

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 6 seconds
- As you exhale, let out a gentle sigh out loud, releasing any tension or stress. This can help your body relax even more deeply.

Repeat this cycle until you begin to feel more calm.

## 2. Visualize Calm

Before and during the flight, visualize yourself in a peaceful place-whether it's a beach, forest, or your favorite cozy spot at home. Let the calm of this image soothe you.

In your mind, see yourself feeling completely relaxed, with each breath you take deepening your sense of peace.

### **3. Listen to Calming Music or a Meditation**

Plug into a calming playlist or listen to one of the guided meditations I offer.

These can help drown out the noise and help you focus on relaxation rather than your fear.

My meditations are specifically designed to guide you into a peaceful, calm state, making it easier to navigate your flight with confidence.

Listen to Free Guided Meditations Here:

<https://insighttimer.com/ramonarobinson>

Train Your Mind for Calm Flying Audio:

[Listen Here](#)

### **4. Wrap Yourself in a Protective White Light**

Imagine a warm, protective white light surrounding your entire body.

Picture it forming a bubble or shield that keeps you safe and at ease. This light is gentle and soothing, but it's also strong and unwavering, creating a barrier from any outside stress or anxiety.

Allow this light to fill you with calm and protection as you move through your flight.

## 5. Stay Present

Rather than focusing on the what-ifs of flying, bring your awareness to the present.

Notice the sensations in your body, the sounds around you, and the sights through your window.

Being present in the moment can shift your focus away from fear.

## 6. Ground Yourself

Grounding helps you stay present and connected to the moment, which can alleviate feelings of anxiety.

**Here's a grounding exercise to try during your flight:**

- Sit upright in your seat, place your feet flat on the floor, and feel the solid support beneath you.

- Visualize roots growing from the bottoms of your feet, going deep into the earth.

As they grow, imagine them connecting you to the planet, providing a sense of stability and calm.

- Alternatively, focus on your body's weight pressing down into your seat, feeling the support and reassurance that comes with it.

Let each breath help you sink further into this grounding sensation.

## **7. Reframe the Experience**

Remind yourself that flying is one of the safest modes of transportation. The turbulence you feel is normal and just part of the experience. Think of it as a temporary, manageable sensation rather than a threat.

## **8. Hydrate and Stay Comfortable**

Dehydration can amplify feelings of anxiety. Drink plenty of water, avoid too much caffeine or alcohol, and wear comfortable clothing to make the flight as pleasant as possible.

# **Need More Support?**

If you'd like deeper, personalized help with overcoming your fear of flying, I offer one-on-one sessions.

Together, we'll get to the root of your fear and release it for good.

**It's time to take back control.**

**[Book Your Free Discovery Call Here](#)**

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