

Beat: Health

PEOPLE WHO ARE AFRAID OF FLYING & HOW TO CONQUER THIS FEAR

YOU MAY HAVE A FEAR OF FLYING IF...

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USPA NEWS - Every person responds to fear of flying differently, a common reaction is to avoid flying as much as possible. Research is somewhat sparse. Therefore, plenty of options are available. The fear of flying is called aviophobia.

Once a person with flying anxieties is in the air, physical reactions may be absent or quite noticeable (eg. Sweating, rapid hearthbeat, rapid breathing, nausea). The warnings signs are the fears or anxieties around flying. It is not just about flying, it could also be about some part of the flying experience that is unrelated to airplane, but can make you stressful or anxious. Also, the most severe cases of aviophobia develop from traumatic events.

Many people who have trouble with flying have tried everything on their own, tried therapy, tried medication, or even tried one or more fear of flying programs. It can be increased by images of exploding planes coming from the media's drive for sensationalism. As we only hear about large-scale plane crashes on the news and see dramatized video in film, our perception of how many accidents there are and their severity is skewed.

You may have a fear of flying if : you do not like being in enclosed or crowded spaces, you have a fear of heights, you have a fear of the dark or a fear of being out at night, you become easily angered by others when you fly, you are concerned about turbulence and other weather conditions, you are afraid of the unknown, you do not like being idle for long periods of time, the sounds or activities associated with a normal flight bother you...

The best ways to conquer your fear is with education. We fear the unknown but if you learn the sights and sounds of an airplane you can begin to rationalize what is actually happening on board. It is where fear of flying courses, offered by airlines, can come into play. The courses are instructed and organized by pilots, airlines staff and psychologists who together guide you through plane safety. You can also tour the air traffic control centre, the pilot's cabin and even (when possible) take a short flight...

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Editorial program service of General News Agency:

UPA United Press Agency LTD

483 Green Lanes

UK, London N13NV 4BS

contact (at) unitedpressagency.com

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