

Video Title: Tips to Reduce Anxiety While Flying

Video Abstract:

This video is about utilizing ways to reduce anxiety while traveling by airplane.

Air travel can be frightening. Especially to if you have never traveled before. The not knowing what to expect can cause moments of heightened anxiety while flying. As a pilot, I provide three tips to help passengers to reduce their anxiety. The first tip is to fly as early in the morning as possible. Air turbulence is produced as the ground heats up during the day. The hottest part of the day can cause the most air turbulence. So flying earlier in the morning will reduce air turbulence and reduce anxiety passengers feel associated with air turbulence.

Next, I offered a tip on seeing the passenger's doctor prior to air travel, if the passenger suffers from an ear ache or sinus infection. I discussed the problem that cabin altitude pressure can play on the eardrum.

Finally, I offered a tip to passengers about preventing Deep Vein Thrombosis (DVT) a type of blood clot in the leg from occurring when traveling on prolonged flight of forty-five minutes or longer. The passenger was instructed to walk around the cabin to minimize this risk.

Key Words: Anxiety, flying, pilot, aircraft, turbulence, ear ache, sinus, DVT, altitude, cabin, pressure

References

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