

# CHECKLIST

## For a smooth flight



# Summary

01 Before the Flight

02 Pre-boarding

03 During the Flight

04 After the flight





# WELCOME

This checklist was prepared for you who have suffered from this phobia of flying. Believe me, it's possible to control this fear. I speak as a psychologist and as someone who was also very afraid, so I decided to help people overcome this challenge and travel with greater emotional peace of mind. I hope this checklist gives you more control over each stage of your trip.

Enjoy !!!

*Jackeline Caporossi*

# 01



## BEFORE THE FLIGHT

- **Avoid consuming caffeine or stimulant drinks**

To keep your body and mind calmer on the day of travel

- Try to get a good night's rest the night before.

Because physical fatigue can increase anxiety

- **Write or think positive thoughts about the flight**

“I'm safe”, “It's just another smooth flight” or “Thousands of people fly safely every day”

- **Bring an anchor or comfort object**

For example, a bracelet, a squeeze ball or elastic on the wrist, to focus attention and calm me in moments of anxiety.

- **Put on headphones as soon as possible**

To create a comfortable listening environment with calm music or family members.

# 02



## PRE-BOARDING

- **Arrive early**

Avoid the stress of rushing at the airport

- **Distractions**

Bring books, games or movies

- **Crew**

Inform the crew about your fear of flying to get support

- **Seats**

Choose comfortable window or aisle seats. When The closer you are to the middle of the plane, the less you'll feel the turbulence. Above the wings is the best position, but you'll hear more noise from the engines.

# 03



## DURING THE FLIGHT

- **Remember that turbulence is normal**

It is part of the flight and does not pose a danger — the plane is prepared to face it safely. Close your eyes and imagine you're driving along a road full of potholes.

- **Avoid focusing on the sounds and movements of the plane**

Diverting your attention to a movie, reading or activity that distract.

- **Drink water regularly during the flight**

Avoiding alcohol or very sweet drinks, which can affect well-being, physical and emotional well-being.

- **If possible, get up and walk down the hall.**

If this helps you relax, respecting the guidelines of commissioners.

- **Use breathing or visualization techniques**

Whenever you feel fear approaching, remember that it will to spend.

# 0 4



## AFTER THE FLIGHT

- **Recognition**

Recognize your courage to overcome this challenge of facing the fear of flying.

- **Record**

Make a written record of everything that went well during your trip and what to do to improve.

- **Celebration**

Celebrate your achievement even if no one praises you if you give them congratulations.

- **Journey Completed**

Reinforce the idea that flying can improve over time.



*“It all starts with a decision.  
Decide to overcome this  
fear and don’t let it steal  
your dreams.”*

**Have a good trip!!**