

# HYPNOSIS SOOTHES THE STRESS OF HOLIDAY AIR TRAVEL

by Helene V. Ramos, CHT.

Remember when air travel was actually fun and exciting and you looked forward to the adventure? Remember when blankets and pillows were free, and having to pay extra to check your luggage was unthinkable? Rising fuel costs and profit margin pressures have changed everything. The glamour is gone and it's been replaced by stress!

Let's face it. Airline travel isn't what it used to be and it will probably never return to those days when people got dressed up in their Sunday best for travel. It's no longer a new phenomenon and while many travelers must still face their basic fears of flying, today's airline traveler must also cope with the accumulating situational challenges that increase the pressures associated with air travel. Consulting hypnotists find themselves helping clients apply stress reduction strategies to soothe the strain of travel. The global economic situation, the on-going threats of terrorism, the sheer number of travelers today and new security rules all contribute to greater stress for the passenger preparing to fly. This article presents some of the key strategies that enable the hassled traveler manage and minimize their stress levels and make the experience of flying pleasant for themselves and their traveling neighbors.

Hypnosis has long been a successful strategy to help individual travelers cope with their fear of flying, but today's air travelers face an increasingly stressful experience in the air and on the ground – far removed from the idealized “jet set” experience. Travelers in coach as well as the business class passenger are all on edge due to the stresses of air travel.

At the 2008 National Guild of Hypnotists convention, a group of consulting hypnotists reported a rising demand for air travelers seeking assistance in managing stress associates with flying. According to Dr. Dwight Damon, President of the National Guild of Hypnotists, “we are seeing a sharp increase in demand for hypnotists who can assist today's airline passenger manage their stress of flying. The anticipated stress of flying is causing many people to avoid flying altogether or to delay their travel plans until absolutely necessary but for the business flyer especially, travel is unavoidable.”

There are several potential stress creators that can put a traveler over the edge. The check-in process, going through the TSA security checkpoints, dealing with extra fees for luggage, and simply being among other stressed

out travelers whose behavior impacts everyone – all contribute to a potential disaster if the traveler isn't ready to manage his or her stress.

By focusing on several key strategies to help the air traveler manage the stress they experience throughout all aspect of flying, from planning their trip and packing properly, to airport procedures, and during their flying experience itself, hypnosis can help to make air travel the pleasant experience it once was.

First of all, travelers should make a conscious decision to do everything they can to make the flight a positive experience. In spite of the added measures today, the air traveler still has many aspects of their experience that are within their control. It starts with picturing a positive experience, and with having personal strategies for dealing with the myriad issues that are bound to arise during the travel experience. How you decide to react to a situation that arises will heighten or lessen your personal stress, and the stress of those around you.

Secondly, proper planning for the flight is crucial, with consideration of all aspects of the flight. Nobody looks forward to the new challenges of today's

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increase your chances for a pleasant flight experience.

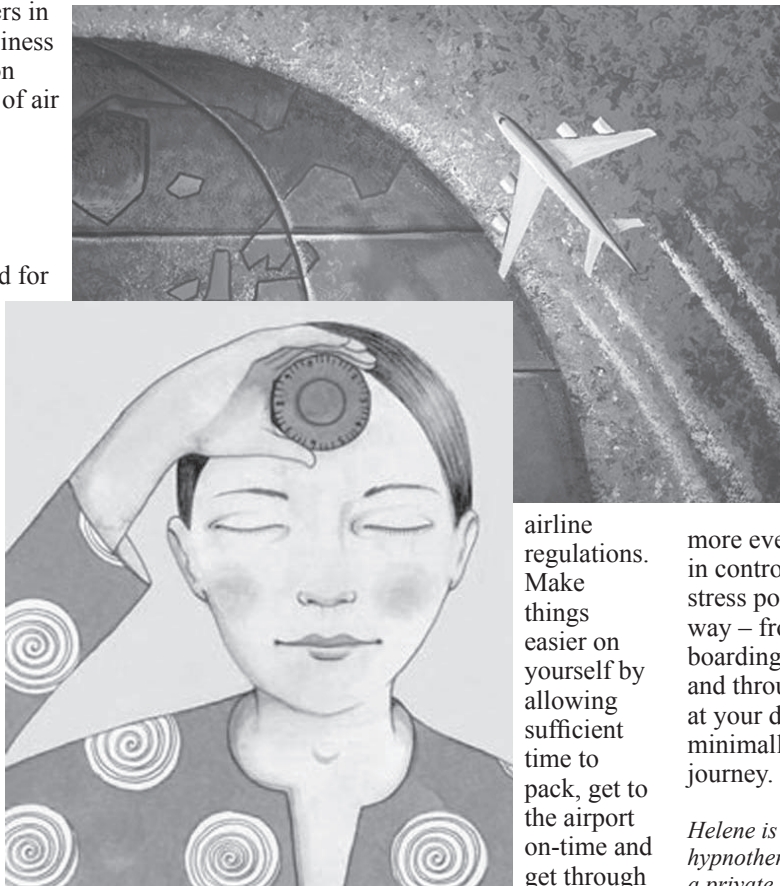
Finally, it helps if travelers can identify in their minds – or on paper – specific trigger points that will help them manage their stress. Personal awareness of anxiety levels, fatigue, and impatience – with preplanned strategies for coping with these factors go a long way to reduce stress. For example, focusing on the ‘clicking of the seatbelt’ can trigger deep relaxation for the traveler so the goal becomes arriving at your seat with a smile, a sigh of relief and the

anticipated relaxation. With this in mind the traveler works toward this positive picture and manages stress in order to reward him or herself with the positive outcome.

By creating the scene of a positive travel experience in your mind, you become more even tempered, in control, and the stress points along the way – from packing to boarding to being seated and through to arriving at your destination – will minimally impact your journey.

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comfortably. And, proper planning makes it much easier for you to apply effective hypnotic strategies to smooth your journey. By focusing on breathing techniques, positive affirmations throughout the journey's stress points and keeping your mind on a the goal of a safe arrival at your destination, your



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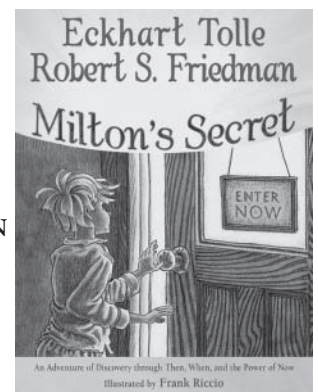


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