

# Three Simple Ideas For Coping With Airplane Turbulence

Airplane turbulence can be a scary experience, but there are some simple things you can do to cope with it and make your flight more comfortable.



## Trouble With Turbulence?: Three simple ideas for coping with airplane turbulence by Cyclepedia Press LLC

★★★★★ 5 out of 5

Language : English  
File size : 2799 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 12 pages  
Lending : Enabled



## 1. Stay calm and breathe deeply

When you start to feel anxious about turbulence, it's important to stay calm and breathe deeply. This will help to slow your heart rate and reduce your stress levels. Try to focus on your breathing and repeat a calming mantra to yourself, such as "I am safe" or "This is just temporary."

## 2. Find a distraction

If you're feeling anxious about turbulence, try to find a distraction. This could be anything from reading a book, listening to music, or watching a

movie. Focusing on something else will help to take your mind off of the turbulence and make the time pass more quickly.

### 3. Talk to a flight attendant

If you're really struggling to cope with turbulence, don't hesitate to talk to a flight attendant. They are there to help you and can provide you with reassurance and support. They can also give you some tips for coping with turbulence, such as the ones listed above.

Here are some additional tips for coping with airplane turbulence:

- Choose a seat near the front of the plane. Turbulence is typically less severe in the front of the plane.
- Avoid caffeine and alcohol before and during your flight. These substances can make you more anxious and jittery.
- Wear comfortable clothing and shoes. You'll be more comfortable if you're not constricted by your clothing.
- Bring a neck pillow and a blanket. These will help you to stay comfortable and relaxed during your flight.

Remember, turbulence is a normal part of flying. It's important to stay calm and follow these tips to make your flight more comfortable.

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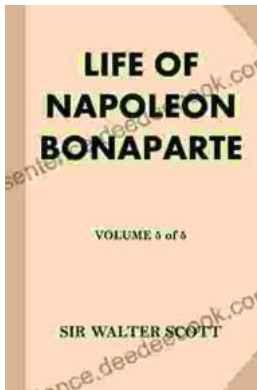
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