

STEPS primary care mental health team, Glasgow

Fear of Flying



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Flying Phobia - Self-Help Strategies

Step 1 - Becoming more aware

Keep a diary – It is a good idea to keep a diary of flying-related situations you find difficult or scary. It will help you understand the things that are happening to you. Then you can fight the phobia. You can watch your own progress and notice what you are doing well.

Sometimes when we are stressed we only remember the bad days and not the good ones. Make a diary like the one below. Kenny has to travel abroad with his work, he has filled in the first line and has rated his anxiety in a difficult situation (0 = not at all frightening, 10 = very frightening). As you progress you will see your anxiety rating for difficult situations go down.

Diary Card

Date	Doing What? Where?	How did you feel?	Anxiety rating on a scale of 1-10 1=not anxious at all 10=extremely anxious
<i>20 March</i>	<i>Flight from Glasgow to London</i>	<i>Really bad panic</i>	<i>9</i>

Step 2 - Break down the challenges

The next step is to make a list of difficult things. Each thing will have a different rating (1 = no anxiety, 5 = fairly anxious, 10 = very anxious). Put the most difficult thing at the top, then the next most difficult one, and so on, all the way to the bottom – just like Kenny’s example below.

Situation	Rating
<i>Flying in windy, turbulent conditions</i>	9
<i>Long haul flight</i>	8
<i>Flying with budget airlines where have to walk on tarmac to reach plane</i>	8
<i>Flying alone (without partner)</i>	7
<i>Flying (with partner) in window seat</i>	6
<i>Watching airplane take off</i>	6
<i>Visiting airport</i>	5
<i>Watching footage of airplanes on TV</i>	4
<i>Watching planes in the sky</i>	2

Create a challenge sheet, like the one above, to make your list.

Step 3 - Face the situation

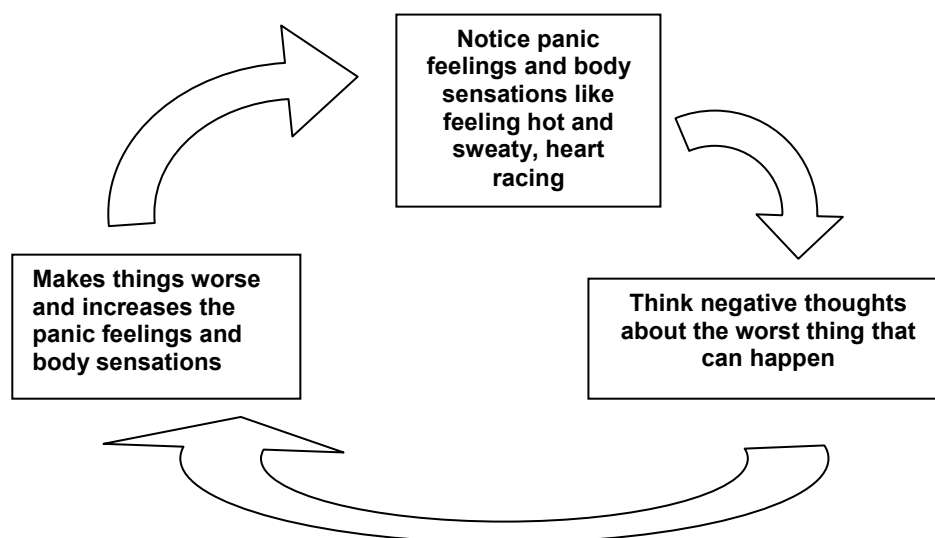
The best way to fight a phobia is to go back to the difficult situations – slowly.

Go back to your '**Breaking down the challenges list**' of situations you find scary. Start with the easiest at the bottom of the list. Practise going into this situation until you may feel able to cope with it and you notice your anxiety rating drop. Choose a more difficult thing and practice this. Do not be tempted to try any scary difficult things until you find the easier ones less scary.

Step 4 - Be prepared

We need to think about how you can prepare for going into the difficult situations on your list. There are 2 things you can do to help with this:

- **Relaxation** – You might start to feel anxious about going into difficult situations. You need to notice when you first start to feel panic. Part 3 tells you how to ‘Fight the Panic’. Controlling your breathing will help you relax. Try out the exercise on ‘Breathing Retraining’. Notice the difference it makes to how you feel.
- **Positive thinking** – when we are anxious and panicky our thinking can go out of control. Scary thought like “I am going to die”, “I am going to lose control” and “I might faint” feed our anxiety and make it worse. They are not true but it is difficult not to think like this when you are in a scary situation. The most common scary thought is to think that the worst thing is going to happen. You end up in a vicious circle:



Step 5 - Come up with a 'Big Challenge Thought'

A big challenge thought is one that you can use to fight the negative thoughts. The next worksheet shows you how Susan came up with a Big Challenge Thought. She uses it along with her breathing exercises whenever she is in a difficult situation.

1) Write down your worrying thoughts and decide how much you believe them

(use a 0 – 10 scale where 0 = don't believe it at all and 10 = believe it completely)

<i>'If I get on a plane I will not make it back home alive'</i>	10
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2) Try and find a more balanced view. Ask yourself what reasons you have for the thought

<p>It might help if you think of:</p> <ul style="list-style-type: none">• What would you say to yourself if you were not feeling so worried?• What might you say to someone else if they said this to you?• What might your partner or friend say to you about your worries?▪ What could you say to yourself that is more helpful and less worrying	<p><i>I have felt like this since I was little and there is nothing that has ever worked</i></p>
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3) Big Challenge Thought and new rating of worry (0 – 10)

<i>I can learn to deal with this</i>	3
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Here are some tips from people that have been through these problems themselves:

- Robbie used to miss out on trips abroad with his family and says 'There'll be times when you feel like you just can't, but don't give up, everyone has bad days and good days. Don't try too much on a bad day.'
- Susan came up with a big challenge thought and says 'Try to think positively if you can'
- Chris can cope with short flight and says 'Take things at slowly – a step at a time'.
- Bill says 'Give yourself credit when you do something you are proud of, give yourself a treat.'

The rest of this booklet looks at how to control panic attacks

What is a panic attack?

Here are some of the ways people describe panic attacks:

1. "I am so scared that another panic hits me. I thought I was going to die when I had the last one. It came right out the blue - I couldn't get a breath, my heart felt like it was going to burst. I felt that I was going to faint. I was drenched in sweat and I felt sick. At its worst point, I thought I was dying. It was the worst feeling I have ever had"
2. "When I feel panicky, my throat gets all tight and I feel like I can't get a breath – almost like I've got something stuck at the back of my throat. It feels like I can't get enough air in my lungs. Last time I was going on holiday, I panicked in the departure lounge and couldn't follow through – I had to leave and go home."
3. "I dread getting on a plane in case I panic. I had a panic last time I was flying abroad. I was hunched over in my seat with my head in my hands. I couldn't move. I couldn't even lift my head to answer the air hostess."
4. "Sometimes I book my tickets online and think I'm totally fine and that I'll be able to cope with the flight. Then, out of the blue, my panic starts. In seconds, my heart is pounding like crazy, and I'll be shaking all over. I feel like I'm going to explode. My head will be spinning and I'll be drenched in sweat. Sometimes, I have to get to a toilet quick. It is totally petrifying. I can get these pins and needles round my mouth (if it's a serious one), but always get pins and needles in my fingers and arms. The minute I feel it come on I sit down because it feels like I'm going to faint."

IMPORTANT:

Though they cause great stress, panic attacks are not dangerous.

They will do you no harm.

Who gets panic?

About one in three people in Scotland has at least one panic each year. So they are common. It may be that some of us are more prone to panic due to our basic nature. But those whose lives are most affected by panic often have:

- **Anxiety**
- **Depression**
- **Phobias**
- **Sleep problems**
- **Alcohol / drug problems**

These may go hand in hand. If you get tense at the thought of getting on a plane, you might drink too much as a way to cope. This may make you more stressed and more prone to panic. This may lead to depression and poor sleep.....and so on, as a vicious circle builds up.

You can find out about help for these other problems in this website.

Body, Actions and Thoughts:

Body: Panics hits your body hard. Your heart rate can almost double. You might sweat, feel dizzy, feel sick, or feel you can't get a breath. You may get tingling or numb feelings; you may feel you are choking. You may shake and feel 'unreal'. You may get chest pains. You may be very aware of your body and get stressed at the slightest change in it.

Actions: You may find it hard to stay still. You may snap at people. You may avoid places where you think you will panic. You may escape from places as soon as you feel your stress rise. You may fear exerting yourself as you feel this could cause a panic. You may be afraid to be alone in case something bad happens to you.

Thoughts: You will feel a rush of fear. You will feel that you are losing control. You may fear you are going to faint. You may feel you are dying. You may feel you are going mad. You may feel you will do something stupid. You may feel that something awful is about to happen to you even though you might not be able to say what that thing is.

One of the common fears in panic is that you are having a heart attack. The next section looks at the difference between panic attacks and heart attacks.

As some of the signs of a panic attack are like those of a heart attack, e.g. chest pain, you can see why people can mix them up. Find out more about the symptoms of a heart attack on the British Heart Foundations’s webpage www.bhf.org.uk/doubtkills. If chest pain is frequent or long lasting, it is wise to seek medical advice. If you have a good reason to believe you are at risk of a heart attack, or you have any serious doubts about your chest pain, it is important to get yourself checked out. But if the doctor has ruled out any heart problem, it is less likely that further chest pain is caused by a heart attack. The table below looks at some of the main differences.

	Heart Attack	Panic Attack
Pain	<ul style="list-style-type: none"> ● May or not be present ● If present, you may have a crushing feeling (like someone standing on your chest) ● This pain is usually felt in the centre of your chest and may extend to the left arm, jaw, neck and back. ● Pain, if present, is not usually made worse by breathing or by pressing on the chest ● Pain, if present, is usually persistent and lasts longer than 5 – 10 minutes 	<ul style="list-style-type: none"> ■ Any pain is usually described as ‘sharp’ ■ The pain tends to be felt over the heart ■ Pain is usually made worse by breathing in and out and pressing on the centre of the chest ■ Pain usually disappears within about 5 – 10 minutes
Tingling	<ul style="list-style-type: none"> ● Tingling, if present, is usually in the left arm 	<ul style="list-style-type: none"> ■ Tingling is usually present all over the body
Vomiting	<ul style="list-style-type: none"> ● Common 	<ul style="list-style-type: none"> ■ You may feel sick but vomiting is less common
Breathing	<ul style="list-style-type: none"> ● A heart attack does not <i>cause</i> you to breathe more quickly or too quickly (hyperventilation). Panic does. With a heart attack, you may feel a little short of breath. 	<ul style="list-style-type: none"> ■ Breathing too quickly or too deeply (hyperventilation) is a very common panic response which comes before the panic attack

Adapted from the World Health Organisation (WHO) Guide to Mental Health in Primary Care (2000). Royal Society of Medicine Press.

1) Work out the problem

Answer these questions about the panic you have just had (and other panics you may have had):

- 1. Where and when did you have the panic?**
- 2. Was there a reason for the panic?**
- 3. What body symptoms did you have? (Body)**
- 4. At its worst point, what went through your mind? (Thoughts)**
- 5. What did you do? (Actions)**

What can you do to prevent another panic?

Use what you have learned to spot patterns with your panic. Use it to build up a plan to stop the next one. Use it along with these ideas:

Control your stress (in 10 words)

- Face your fears (if anxious)
- Be more active (if depressed)
- Watch what you drink

Control your breathing

As you saw in Panic/Heart Attacks section, hyperventilation – HV (breathing too quickly for your needs) often makes panic worse. To see if this happens to you, answer these questions:

When you feel panicky:

1. Do you feel light-headed or dizzy?
2. Do you feel you are going to faint?
3. Do you yawn, sigh or gulp in air?
4. Do you feel short of breath?
5. Do you feel your breathing is shallow?
6. Do you feel your breathing speeds up?
7. Are you aware of chest pains?
8. Do you get a numb or tingling feeling around the mouth and nose and/or in your fingers and toes?

The more **YES** answers you give, the more HV may play a part in your case.

When you HV, you may feel that you do not have enough air in your lungs. It is the opposite - you really have too much. You have to fight against the desire to take deep breaths, as this will make things worse.

You should try not to yawn, sigh and gulp air for the same reasons. Keep a grip on your breathing. Check every ten minutes that your breathing is nice and slow (about 10-12 breaths a minute). A good way to stay in control is:

Breathing Retraining

- Take a breath in and think "**1**"
- Breathe out and think, "**relax**"
- Take a breath in and think "**2**"
- Breathe out and think, "**relax**"
- Repeat up to **10** and then back down to **1**
- Concentrate only on breathing and on the **number** and "**relax**" in the minds eye.
- Use slow normal breathing (10-12 breaths per minute)
- Breathe in through your nose. Purse your lips and breathe out slowly through your mouth
- Practise **twice a day** in different places

Quick control:

Use a paper bag

Hold a paper (not plastic) bag tightly around your mouth and nose so that no air can get in from outside. If you don't have a paper bag, cup your hands over your mouth and nose. Breathe normally (10-12 breaths per minute) into the bag until you feel better. The bag will go (slightly) in and out as you breathe in and out.

This will help because:

Bear in mind that even though you feel you need more oxygen in your lungs, you really need less. Using the paper bag helps get your breathing sorted. This will calm your body and you should feel more in control.

Of course, you can't just pull out a paper bag in a lot of places. At these times, use the breathing skills you have just learned.

How to prevent panic

Now let us look at some of the risk factors. Knowing about these might help you prevent panic.

1) Rapid body change

If you have been sitting down for a while, get out the chair slowly. Don't jump out of bed first thing. You may get a swimming feeling in your head if you do. This can lead to panic in some people.

2) Tiredness

Make sure you get enough rest, as panic is more likely if you are tired.

3) Low normal blood sugar

This is nothing to do with diabetes. You keep your blood sugar level up when you eat every few hours. If you don't eat, the level drops and makes you more prone to panic. Though it slows down while you sleep, you need to eat something first thing to raise your sugar level - a piece of toast is fine. Don't skip meals or go on crash diets. As a rough rule of thumb - eat something every three hours.

4) Alcohol

You may find you panic 'the morning after the night before' even if you have not had a great deal to drink. If you are prone to this, at least in the short term, you should stay away from drink. You can get into a vicious circle where you drink because you panic and you panic because you drink. This is the road to big problems. Watch out for this.

5) Illness

Things like the flu leave you more at risk. As you feel so weak, you are less able to fight panic off. This may be more prone to panic when you are recovering from illness.

6) Caffeine

Too much caffeine can be linked to panic. You get caffeine in coffee, tea, fizzy drinks such as Coke and Irn-Bru, pain killers such as Askits, energy drinks and tablets such as Red Bull and Pro Plus. Try to wean yourself off – use decaff tea and coffee and switch from fizzy drinks to pure juices. Cut down on pain-killers if you can.

7) Pre-menstrual phase

Many women find that they are more prone to panic in the days before their period. This is due to changes in the oxygen levels in the blood before a period. So HV takes its toll quicker at this time. PMT symptoms may increase stress in any case.

8) Stress

This is the most common risk factor for panic. Control stress and you are on the road to controlling panic.

Knowing what your risk factors are can help you prevent panic.

What to do in a panic

If you feel a panic come on, put this advice into action as quick as you can. Nip the panic in the bud. It may help if someone can run through these steps with you. If you are alone, say them aloud.

ACTIONS

- If you feel the panic coming on - stand your ground - don't let it make you run away.
- Keep your breathing under control - slow, normal breaths.
- Each time you breathe in; say, "I'm in control".
- Each time you breathe out, say "relax"
- Relax your body - drop your shoulders, let your muscles go loose.

THOUGHTS

- Imagine pushing the panic from the top of your head, down through your body and out through your toes.
- Keep your thoughts under control.
- Say - "I'm having a panic attack. I feel awful but nothing bad can happen. I know what to do. I can control this. It will pass"

FIGHT PANIC ALL THE WAY. RULE IT – DON'T LET IT RULE YOU.