Step 1: Build a positive anchor thought for the journey.

Before the journey, think about the destination. What it’s going to be like, where you’re staying, how’s the weather, do you know people there, is it a holiday, are you there for business, what will you be doing while there? Gather up all these thoughts, perhaps write them down. Think about what you’ll enjoy the best from this journey? What will be the best part of the trip? FIND THE POSITIVE.

Use your imagination to visualise what the destination will be like, and think about how you’ll feel once you get there. Bring on the excitement. This is the ANCHOR thought, and it brings on the positive excitement related to the journey.

Think about it again and again. When you’re thinking about the positive anchor thought, your physiology has no need to tense up and stress. If you continue to tell yourself that ‘I’m excited to get to the destination’, your mind begins to associate any hint of nervous feeling with excitement. This is a good thing.

Step 2: Notice all triggers

Become very aware of exactly what triggers off your panic moments. It could be the pilot speaking over the tannoy, it could be waiting in the boarding lounge, it could be the walk through the boarding tunnel, take off, turbulence movements, noises, and bangs inside the plane. Become aware of what triggers you.

The instant a trigger occurs, replay your ANCHOR thought to yourself. Bring on all the thoughts, feelings and excitement about landing in the destination. Remember all the details about your destination that you thought about previously. Every detail. REALLY busy your mind in the precise moment, with all the fine details of the destination.

Step 3: Notice everything as a great sign

Every step of the journey brings you closer to the destination. Booking, packing, checking in, waiting, boarding, sitting, eating, watching movie, hearing sounds from plane, bumpy flight, pilot announcements… everything that happens means that you’re in the process of getting to your destination. The countdown to the excitement of the destination is ticking away.

Step 4: Plan the journey

Distraction, distraction, distraction… Before the journey, stock up on all the distractions. Make a playlist to listen to for the entire journey, get a couple of books, magazines, audio books, movies on your device, bring headphones… Bring everything you’ll need to focus intently on during your journey. You can use the relaxation audio during the flight, this will focus your mind on what’s being said instead of what your ‘mind monkey’ is trying to tell you.

Step 5: In the moment…

If tension strikes… immediately trigger the ANCHOR thought. You can add a simple primer like a quick countdown, 10 down to 1 and then close your eyes and get into the destination thought, the ANCHOR thought. Where, what, how it looks, feels, what you’ll be doing, go over the agenda, activities… all details.

You can even tense your entire body up and hold your breath for say 15 seconds… then exhale and let it all go. Breathe fully out and relax every part of you. It’s an instant release technique which fires off good hormones inside your body the second you let all the tension go.

**Take off:** Get your music on, get that ‘take-off’ soundtrack playing. It’s the soundtrack of your journey, the countdown to the destination.

**Always expect some turbulence:** No flight… ever… has a completely smooth take off, cruising, landing… close your eyes, imagine being in a car on a bumpy road… same bumpy feelings… countback to your ANCHOR thought.

**Knowledge is power:** Understand each moment of your journey and prepare for the events that may occur. The airport sounds, the busy queues (get there early is a great tip), the hustle and bustle, the noises inside the plane – doors closing, undercarriage and wheels sheathing into wing, engines speeding up and slowing down, take off bumps and landing bumps, reverse engines sounds…. Prepare for every situation.