

# CBD oil and other tricks to overcome a fear of flying

*Let's take a look at a few smart techniques to help relax individuals who are currently suffering from too much stress.*

Temps de lecture : minute

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Let's say you have to fly across the United Kingdom for a meeting, if not to enjoy a vacation. The last thing you want to picture is a horrible crash before you even get off the runway. Forget excessive sweating, flight anxiety can lead to serious mental and physical illnesses. Yet, relaxing on a commercial airline is often times easier said than done, despite the chances of going down are roughly one in 10M. And it's not like watching a movie on the big screen or even the evening news helps to calm one's fear of flying. Fortunately, there are some handy techniques, like the best CBD oil and a smart diet, to help relax a passenger's nerves before traveling on an aircraft.

## Rely on Just CBD Oil tinctures

A highly potent CBD oil UK for sale is marvellous for helping people relax their minds, as well as their bodies. Choose coconut or hemp seed tincture oil, if not a powerful full spectrum tincture made with all the elements of the hemp plant, including MCT oil, flavonoids and terpenes. In no time, an individual will get to experience a peaceful frame of mind, as stress rolls away.

Once you are nice and chill, you can sit back and enjoy the ride. Catch a little shut eye to make the time fly too. Best of all, an individual never has

to fear any side effects. Even if CBD products do stem from cannabis, you never have to worry about an unwanted high. The top CBD tinctures on the market are always laboratory tested to ensure the customer's safety.

Rather than traveling with butterflies in your stomach, get a hold of remarkable CBD tincture oil and appreciate flying in the clouds. While the top tincture oil may be the strongest hemp product on the market, it is certainly not the only one. Folks tend to love tasty *CBD Gummies*, soothing lotions and more.



## Identify your triggers

The first thing you should do to handle the anxiety of flying is figure out exactly what makes you anxious. Is it the shaky takeoff, turbulence in the air, or the germs floating around the confined airplane? Once you can pinpoint what exactly bothers you, it is easy to sidestep your triggers, as

well as accept them as irrational.

## Tell people how you feel

If you freak out every time your aircraft leaves the ground, you should prepare the people around you. Whether it is the pilot, a flight attendant, or the nice old lady sitting in the aisle seat, let them know what makes you nervous. Perhaps seeing the journey from the cockpit may help, or a neighbour can distract you with a card game when going through turbulence. If nothing else, you can always immerse yourself into writing journal entries.

## Distract yourself

Even if playing cards isn't your cup of tea, there are some simple techniques to grab your attention. Check out the latest *National Trust Magazine* or read part of a romance novel. Listen to the Fab Four on your iPod, play Ms. Pac Man on your iPhone, and watch some Monty Python classics on your iPad.

## Eat and drink responsibly

If you feel a bit of anxiety, the last thing your tummy needs is spicy food or alcohol. Eat a light snack, like nuts and veggies. While there's no denying that a cocktail may be able to help a person chill out, nobody needs to get plastered on a flight. Just imagine how much fun you'll have collecting your luggage and traveling through a foreign city if you are inebriated. Besides, sloppy tourists are easy targets for conmen and thieves. Drinking water is the best way to go, as even caffeine-filled soda can give folks both gas and the jitters on a long flight. No thanks. You are better off remaining calm and cool.

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