



How Self-Administered EMDR Can Help You Conquer Flight Anxiety



calm, confident flyers after 4 weeks of focus

1

Flight anxiety isn't just "in your head"—it's in your nervous system. For many people, the body reacts to travel as if it were a real threat, triggering the fight-or-flight response and flooding the system with anxiety, panic, or even shutdown. These intense reactions are often tied to past experiences—sometimes obvious, sometimes subtle—that the brain has encoded as unsafe.

3

In this program, you'll learn how to self-administer EMDR safely and effectively, using simplified, evidence-based steps. You don't need to be a therapist—you just need a willingness to connect with your experience and follow the process with curiosity and compassion.

2

Eye Movement Desensitization and Reprocessing (EMDR) is a trauma-informed method that helps your brain process and "unstick" those unresolved memories and body responses. By combining focused attention, specific memory targets, and gentle bilateral stimulation (like tapping or eye movements), EMDR allows your brain to reprocess stored trauma in a way that creates lasting relief.

4

What Makes This Approach Different?

- You're not reliving—you're reprocessing. You stay grounded while allowing the nervous system to shift how it holds old experiences.
- It's body-first, not logic-first. We don't argue with your fear—we gently update it.
- You are in control. You decide when, how deep, and how far you want to go.

By learning this skill, you're not only reducing your flight anxiety—you're gaining a lifelong tool for healing the fear response itself.





How Self-Administered Brainspotting Can Help You Conquer Flight Anxiety



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1

Direct Access to the Root of Anxiety

Brainspotting helps you access the part of your brain where emotional memories are stored—especially those below the level of words. For travel anxiety, it can uncover early or unresolved experiences that still trigger fear, even if you're not consciously aware of them.

3

Regulates Your Nervous System

Self-spotting while tracking body sensations trains your nervous system to shift from fight/flight/freeze to a state of calm. It's like giving your body a new script for safety, making travel feel less threatening over time.

2

Reduces Overthinking and Panic Loops

By focusing on a "brainspot" (a visual point connected to internal emotional activation), you bypass the analytical mind. This helps calm spiraling thoughts and panic loops common in travel-related anxiety—like fear of getting lost, being stuck, or having a panic attack far from home.

4

Builds Confidence Through Repetition

The more you practice self-spotting, the more your brain learns that it can face anxious sensations without being overwhelmed. This builds emotional resilience and confidence to travel without avoidance.

Portable and Empowering

You don't need fancy equipment or even privacy—you can do a simple version of Brainspotting in a hotel, airport, or car. Knowing you have a tool to regulate your fear anytime empowers you to face new places and situations.





How Polyvagal Exercises Can Help You Squelch Flight Anxiety



1

Calm Your Nervous System:

Activates the vagus nerve to shift you from panic to calm.

2

Feel Grounded in the Body:

Helps you feel more present and less overwhelmed.

3

Ease Physical Symptoms: Reduces racing heart, shallow breathing, and muscle tension.

Interrupt Fight-or-Flight: Signals to your brain that you are safe—even on a plane.

4

Improve Breath Control:

Supports steady breathing, which reduces fear responses.

Quick and Portable:

Easy to do in your seat—no one even has to know you're doing them.



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