



How I dealt with travel anxiety in 4 healthy steps

Health / Emotional Intelligence / Self Management

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Have you ever felt nervous before a trip even though you were excited to travel?

Whether it's flying on a plane, navigating a new country, or simply being far from home, travel anxiety can affect anyone.

These practical strategies helped me feel calmer and more confident while traveling domestically and internationally.



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Step 1: Prepare Before Traveling

Preparing in advance can reduce uncertainty and lower stress.

Here's what always sets me up for success:

- **Packing early.** You'll have time to realize what's missing before it's too late.
- **Making a checklist.** You'll avoid that nagging feeling that you've forgotten something.
- **Researching your destination.** You'll know what to expect so nothing catches you off guard.
- **Downloading tickets and maps.** You'll stay on track even without a Wi-Fi connection.
- **Arriving early.** You'll have a buffer if anything goes sideways.

Being prepared can help you feel more in control.



Quiz

It's the night before your flight and you realize you haven't started packing. You're already feeling anxious. What's the most helpful next step?

- A.** Start packing now and make a checklist of anything you still need to bring.
- B.** Call the airline to ask if you can change your flight to another day.
- C.** Decide to pack light and figure out what you need when you arrive.
- D.** Go to bed and pack in the morning when you're feeling less stressed.

🔍 Quiz

Choose the correct answer:

A

B

C

D



Answer:
A

Source:

1 <https://odphp.health.gov/myhealthfinder/health-conditions/heart-health/manage-stress>

Step 2: Calm Your Body 🧘

Travel anxiety can create physical symptoms like:

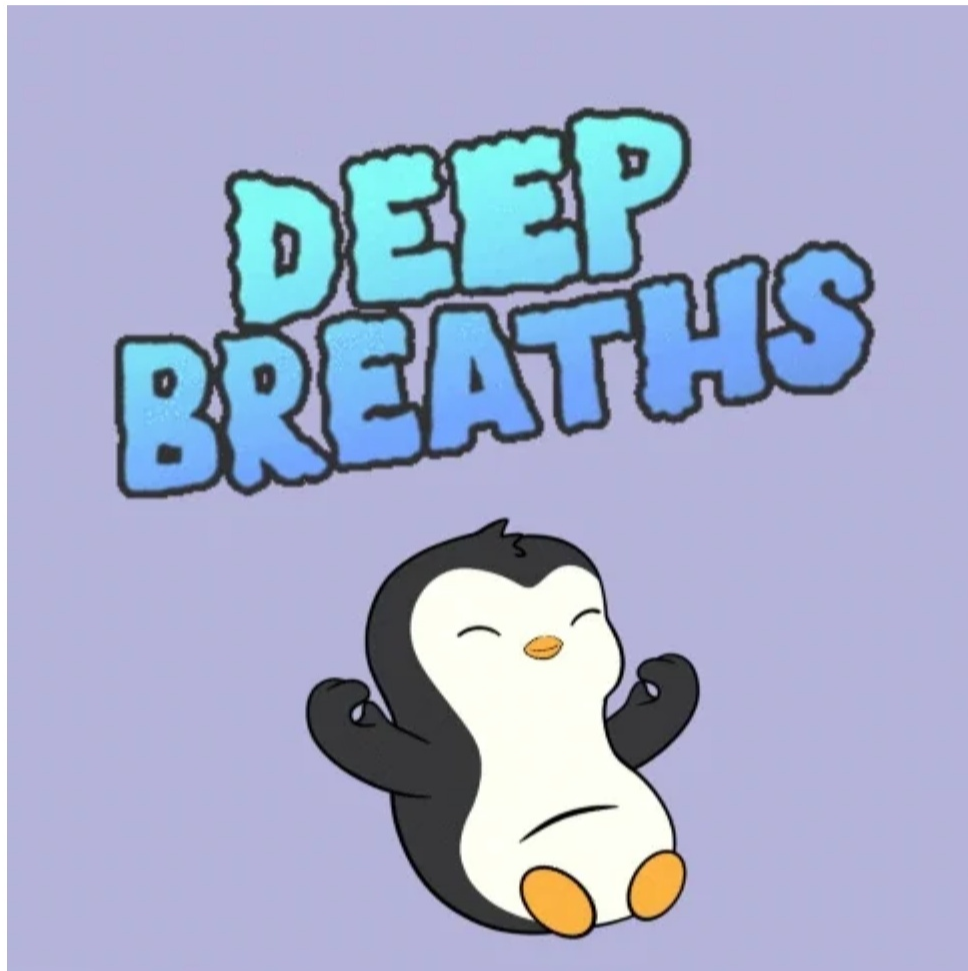
- Sweating
- Fast heartbeat
- Restlessness
- Tension

However, the following are **helpful strategies**:

- **Listening to calming music.** Calming music can help reduce tension, slow your heart rate, and promote relaxation during stressful moments.
- **Stretching or walking.** Stretching or walking can release physical tension and improve your mood by helping your body relax.
- **Drinking water.** Staying hydrated supports your body's functions and can help improve focus and overall well-being when you're feeling stressed.
- **Deep breathing.** Deep breathing exercises can help activate the body's relaxation response and lower stress levels. ✨

The next time you feel anxious, try this breathing exercise!

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 6 seconds



Did you know?

Deep breathing can help activate the body's relaxation response and lower stress levels. ✨

Sources:

1 <https://www.medicalnewstoday.com/articles/travel-anxiety>

2 <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-to-manage-stress>

Step 3: Focus on What You Can Control 🎯

Did you know that anxiety often increases when thinking about the worst-case scenario?

I have found that focusing on what I can control helps me.

For example, I often focus on:

- **My next step.** Instead of worrying about everything that could happen, I focus on the very next thing I need to do, which makes challenges feel more manageable.
- **My schedule.** Having a plan for the day helps me feel organized and gives me a sense of structure when I start feeling overwhelmed.
- **My breathing.** Taking slow, deep breaths helps calm my body's stress response and brings my attention back to the present moment.
- **Staying present.** Focusing on what is happening right now, rather than what might happen in the future, can help reduce anxious thoughts and keep me grounded.

One simple question changes everything. Next time, ask yourself:

“What can I control right now?”



? Quiz

You're about to visit your family but your flight is delayed. You start to feel anxious.

What should you do next? Select all that apply:

Constantly check flight updates

Take slow, deep breaths

Panic about missed plans

Call your family about the delay



Take slow, deep breaths, Call your family about the delay

Answer:

Did you know?



According to IATA World Air Transport Statistics there are approximately 37.3 million flights take place around the world every year. Flying is one of the most common forms of travel.

Source:

1 <https://health.clevelandclinic.org/catastrophizing>

Step 4: Accept That Nervousness Is Normal 🌈

Feeling nervous while traveling is common because even experienced travelers feel anxious sometimes.

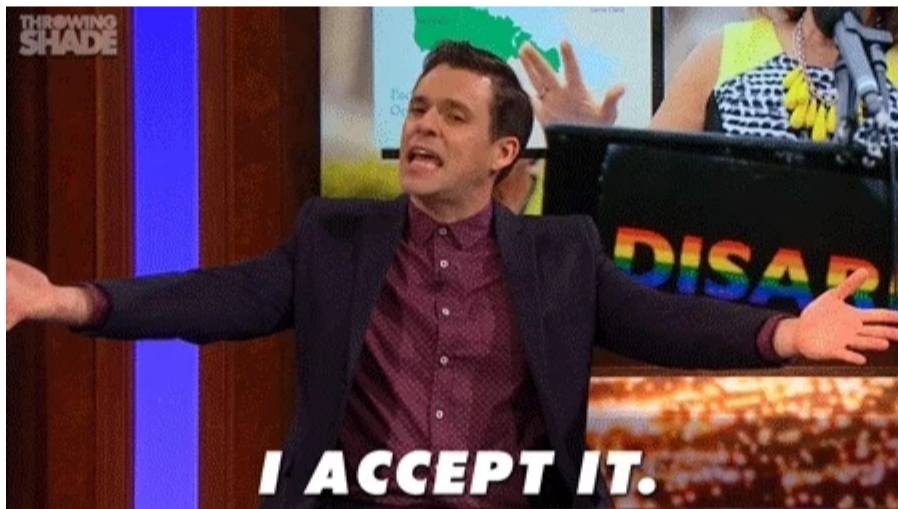
A few gentle reminders:

- Anxiety doesn't always mean danger.

“Anxiety symptoms are common and can affect many people in stressful situations.”

- You can still travel while feeling nervous.
- Confidence grows with experience.

Progress is more important than perfection.



My experience taking action while nervous: During a trip, I started a conversation with another traveler even though I felt nervous and unsure of what to say. At first, the interaction felt awkward, but as the conversation continued, I realized I could handle the discomfort and felt more confident connecting with new people.

Source:

1 https://www.nimh.nih.gov/health/topics/anxiety-disorders?utm_source=chatgpt.com

Take Action



The next time you get ready to travel, remember:

- Preparation can reduce travel stress
- Calming techniques may help manage anxiety
- Feeling nervous while traveling is normal
- Confidence grows through experience

Small steps can make traveling feel less overwhelming over time.

What is one strategy you could try before your next trip?

- ☐ **Packing early.** Packing a few days before your trip can reduce last-minute stress and give you time to make sure you have everything you need.
- ☐ **Creating a checklist.** Making a checklist can help you stay organized, remember important items, and feel more prepared for your journey.
- ☐ **Deep breathing.** Taking slow, deep breaths can help calm your mind and body, making it easier to manage stress or nervousness before travel.
- ☐ **Listening to calming music.** Relaxing music can help reduce tension, improve your mood, and create a sense of calm before and during your trip.

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[Write an effective "to do" list](#)



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