



**MINDWARE**  
EDUCATIONAL SEMINARS

## **TIPS TO PREPARE FOR LONG FLIGHTS**

### **1. The first secret is to leave rested**

Easier said than done. At the very least, try and get a good night's sleep the day before your departure & avoid alcohol and spicy foods. Ideally, treat yourself to a massage. Relaxed muscles are less likely to ache or be stiff on a long trip.

### **2. During the flight the key is hydration**

The dry air in the cabin causes a loss of water both through our respiratory openings as well as from our skin surface. In addition to applying hydrating creams to our skin, you must drink water- at least one large glass each hour during the entire flight. You prefer champagne? Try and resist the temptation. Wine and alcohol increases one's dehydration. Make sure to pack a travel sized bottle of moisturizer and lip balm in your carry-on to combat dryness.

### **3. A useful accessory: Jet-Legs socks**

They are a sort of support hosiery which prevents swellings caused by the weak cabin pressure. By putting them on at takeoff, you will arrive at the destination with a refreshed set of legs. They apparently also prevent economy class syndrome as the pressure exerted on the legs improves your blood circulation. They also happen to be very comfortable.

### **4. Battle time zone differences with No-Jet-Lag pills**

Sleeping during the flight (if possible) will definitely reduce these effects. The No-Jet-Lag pills are also a great help when flying through several time zones. Their homeopathic ingredients help relieve problems caused by the interruption in your biological rhythm. While not all doctors are convinced of their effectiveness (you should consult your doctor before taking such pills), many people consider them indispensable. They permit a rapid adaptation to the local time at your destination as well as finding your normal rhythm on your first day back home.

### **5. Light Snacks & Exercise**

Eating lightly during the flight is important as is exercising every two hours. Ideally, you should walk in the cabin. You can also do some rotations and stretching exercises of some of your limbs without bothering your neighbors. These exercises should be done every one to two hours for about 5 minutes.

- Foot pumps: sit comfortably with both feet on the floor. Start by pointing your toes upwards as high as you comfortably can and hold for 15-20 seconds. Next, lift your heels off the floor, making sure the ball of your foot maintains its contact with the floor. Hold for 15-20 seconds.
- Ankle circles: Lift your feet slightly off the ground and slowly rotate them simultaneously for about 15 - 20 seconds. Then reverse the direction of the circles for the same amount of time.
- Shoulder roll: Bring shoulders slowly forward by hunching them upwards and continuing the circular motion through. After a few rotations, relax your shoulders down, then repeat in the reverse direction.
- Neck roll: Keeping your shoulders relaxed, drop your ear to your shoulder (don't force it) and slowly rotate to the other shoulder, keeping your chin in line with your collarbone. Repeat 4-5 times in both directions.
- Overhead stretch: Lift your hands over your head and gently grasp the wrist of one hand. Using the weight of your arm let it pull gently to stretch out the other arm. Hold 15 seconds and then repeat on the other arm.

## **6. Aspirin Regimen**

Those afraid of cardiovascular problems may begin taking, a few days before their departure, a weak dosage of aspirins. By making your blood a bit more fluid, you diminish the risk of blood clots forming due to the low amount of oxygen in the cabin. *\*Always check with your doctor before beginning any such regimen.*

## **7. Pack snacks**

Most often the meals offered on flights are fatty or full of sugar, which eventually will leave you feeling sluggish, bloated and tired. High protein meals are going to help keep you awake, while foods that are high in carbohydrates will promote sleeping. Pack zippered plastic bags full of your favorite goodies that will help promote your well-being during your flight.

## **8. Stay Rested or Awake**

Depending on the time of day in which you arrive at your destination, use your flight to adapt to the time zone. If it will be night time when you arrive at your destination, take only a short nap while flying so you can still get a full night's sleep upon arrival. Bring an eye-mask and earplugs to help block out distractions. If it will be day time upon arrival, try to stay awake by watching the movie, listening to music and getting up and walking about.