








Anxiety First Aid Kit

From



When fear sneaks into your carry-on luggage, you need backup items to fight back. Here's my pilot-approved, anxiety first aid kit.

-  **The Magic Pen Trick** – Hold a pen, roll it between your fingers. It grounds your mind like a fidget but looks normal.
-  **Green Rubber Band** – Snap gently on your wrist when anxiety spikes. Snaps you back to reality.
-  **Lavender Oil Wipe** – One sniff signals your brain: “relax.” Easy to use without spraying.
-  **Noise-Cancelling Earbuds** – Block the cabin cacophony and give yourself a private world.
-  **Tiny Travel Journal** – Write down “3 reasons I’m safe” as you board.

- 🕶️ **Funny Glasses or Prop** – Anxiety hates humor. Even imagining wearing these makes fear smaller.
- 🎲 **Mini Object (dice, stone, coin)** – Something to hold that isn't your fear.

These won't cure your fear, but they will *carry you through*. Therapy takes care of the rest.