

Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development



Avoiding Jet Lag

Approximately 94% of long-haul travelers experience jet lag and those people who normally stick to a rigid daily routine and who are bothered by changes to that routine are often the worst sufferers.

Aches and Pains

- ✓ An inflatable neck pillow can help with "bobbing head syndrome," prevent neck pain and encourage serious sleep.
- ✓ Air-activated, self-adhesive 12-hour heat pads provide continuous, low level warmth that relieve back and joint pain, a stiff neck or aching shoulders.

Air-circulation

- ✓ Providing a constant supply of fresh air in the cabin costs the airlines money and some airlines are more willing to oblige than others; the air supply in business and first-class is often better than in economy class.
- ✓ A lack of good air can cause headaches and make you tired and irritable. Sometimes the flight attendants will turn up the fresh air if you ask them to do so.
- ✓ The recirculated air and exposure to unfamiliar germs, coupled with the stress of travel, is a recipe for illness for those with weak immune systems.
- ✓ Because dry membranes are more susceptible to infection, chewing sugar-free gum (which stimulates saliva production) can thwart illness. Or, in the privacy of the airport or airline bathroom, spray a saline solution into your nostrils.

Alcohol

- ✓ The impact of alcohol on the body is two to three times more potent when you are flying. One glass of wine in-flight has the effect of two to three glasses on the ground.

Cabin Pressure

- ✓ At a cruising altitude of near 30,000 feet, aircrafts are pressurized to near 8,000 feet. Unless you live near 8,000 feet and are acclimatized to this pressure you may suffer from swelling, tiredness and lethargy.

Dehydration

- ✓ The air aboard an aircraft is dry and to people who normally live in more humid climates the change can be striking. The dryness can cause headaches, dry skin and dry nasal and throat passages, creating the conditions for catching colds, coughs, sore throats or the flu.

- ✓ The humidity in the aircraft hovers around 15%. The humidity in the world's driest place, the Atacama Desert, hovers around 16%!
- ✓ The dry air in an aircraft causes dehydration but drinking plenty of non-alcoholic fluids can counteract this and is extremely important in avoiding jet lag. Water is better than coffee, tea and fruit juices.

Not Enough Light

- ✓ Light is essential for resetting your internal clock. If you arrive at your destination during the day, get outside to take in the natural daylight. If your energy is lagging and you must take a nap, keep it short (less than 2 hours) and do not sleep through sunset.
- ✓ If you arrive at night and if you managed to stay awake on the plane, you should not have trouble falling asleep. You may, however, find yourself awake after only a few hours. Help yourself back to sleep with a warm bath or other sleep techniques that work for you.

Nutrition

- ✓ Airline coffee and tea have a higher than usual caffeine content and are abrasive on the stomach. Orange juice is also abrasive if you are not used to it. If you do not normally drink strong coffee, tea or orange juice, do not try it while flying.
- ✓ Beware risky foods served on some airlines in certain parts of the world, including salads and cold meat and fish. According to the World Health Organization, 50% of international travelers experience stomach problems, so dietary care is important while flying.
- ✓ Pressurized cabins can have odd effects on your gastrointestinal system. Avoid gas producing foods preflight such as apples, apricots, beans, broccoli, cabbage, cauliflower and milk (if you are lactose intolerant.)
- ✓ Pack high fiber snacks in your carry-on, such as dried fruit, nuts and whole grain granola bars.
- ✓ Dehydration and lack of activity can also often result in post-flight constipation, even among those who never experience it at home. If you often have irregularity, bring your favorite remedy - it may not be available in foreign pharmacies.

Pre-Flight Condition

- ✓ Before departing, make sure you have all your affairs, business and personal, in order to ensure you are not stressed-out with excitement or worry.
- ✓ Get plenty of exercise in the days prior to departure and try to avoid sickness such as the flu, cold, etc.
- ✓ If you are over-tired, excited, stressed or nervous before the flight, you are setting yourself up for jet lag; you can not "catch up" on rest on the flight.

Sitting Still

- ✓ Get as much exercise as you can by walking up and down the aisle, standing for spells, and doing small twisting and stretching exercises in your seat, all help to reduce discomfort, especially swelling of legs and feet.
- ✓ Get off the plane if possible during layovers and do some exercises or take a walk. This helps to reduce the possibility of blood clots and associated trauma.
- ✓ Blood clots (DVT or Deep Vein Thrombosis) are a serious health threat on long flights. Force yourself to get up and move around the cabin on a regular basis and flex your legs and rotate your ankles while you're seated. Do knee bends while waiting in line for the lavatory.

Skin Care

- ✓ Even though many airlines have done away with warm towels, it is still possible to look fresh after a long flight.
- ✓ Take along gel eye masks, which are inexpensive and available at your local drugstore. Ask the flight attendant to keep them in the fridge until a half hour before landing. This treatment helps alleviate the dark, puffy under-eye circles that come with long flights.
- ✓ Pack dry facial cloths, dampen them with hot water and give yourself a quick mini-facial before landing.

Sleep

- ✓ Some people swear by the supplement melatonin, a hormone involved in regulating sleep cycles. It is naturally produced in our pineal glands from the neurotransmitter, serotonin. Others have found it to have the opposite effect – sleeplessness and insomnia. For this reason, test this supplement at home before traveling.
- ✓ If you have never used sleeping pills, an airplane is not the place on which to give them a try because you do not know how your body will react.
- ✓ Many physicians discourage the use of sleeping pills on airplanes because the deep sleep and resulting inactivity can contribute to blood clot formation, a much more serious problem than sleep deprivation.
- ✓ If you do insist on taking a sleeping pill before you fly, consider the pill's duration versus the length of your flight. You do not want to deal with customs, car rentals and room check-in when you are half asleep.
- ✓ An eye mask and a set of ear plugs are very helpful while trying to get some in-flight sleep. Ear plugs have the added benefit of thwarting tinnitus, the ear ringing that many experience following hours of roaring engine sounds.
- ✓ Keep in mind that resting with your eyes closed is 70% to 80% as effective as real sleep; even a short snooze will make a big difference in your recovery time.

Time Zones

- ✓ The most important factor affecting jet lag is how many time zones you cross, not the length of the flight. People can suffer jet lag just crossing the United States (three hours time change) but would be much less affected by a north-south flight of the same duration.
- ✓ Adults who adjust readily to changes of routine seem less susceptible to jet lag; those who are used to a fixed daily routine are often the worst sufferers.
- ✓ Sleeping as much as possible on a west to east overnight flight will help you stay awake the next day. For east to west travel, it is best to take a nap on the plane or upon arrival to help stay awake longer. If you fall asleep too soon, you will wake up too early the next morning.

Uncomfortable Clothing

- ✓ Airline seating is snug, so make yourself cozy. Wear loose clothing and swap your shoes for socks as you settle into your seat.
- ✓ Socks with treads on the bottom are best because they provide traction and double as hotel room slippers. If you are among those whose feet swell in-flight, wear shoes you can easily put back on.

[Wellness Resources](#)

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