

Put your worries where your risks are. Stay safe and take flight!

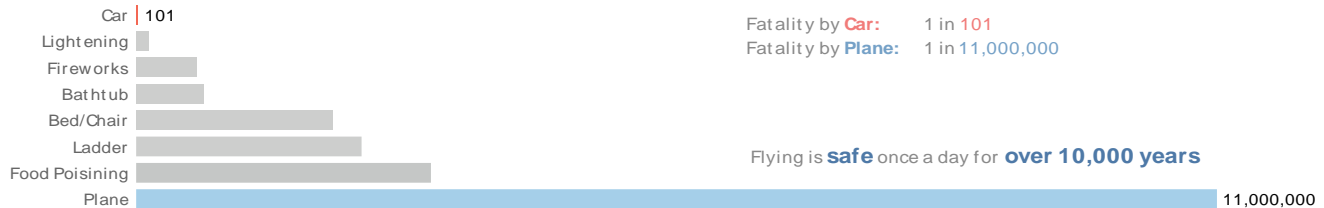
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It's 7:00am. Your eyes pop open to see daylight streaming through your bedroom curtains. Panic sets in. You're late for work. In a scurry you fall out of your bed and rush to the bathtub to start getting ready for work. Finally, you're off to work facing morning traffic. You decide to stop for coffee (what's 5 more minutes, right?). When turning into the parking lot you glance over to face a car that comes screeching to a halt. Phew, that was close.

When faced with the perception of a dangerous situation, our brains and bodies are wired to protect themselves. Adrenaline starts pumping, and in a split second you trust your instincts to make the right decision to go into fight or flight mode. You're here today due to survival of the fittest. It's natural selection at its best.

Odds of Fatality by Activity (1 in #)



Source: Travelstart Blog

Let's look back at the late morning scenario. I mentioned falling out of bed, taking a bath, and a car ride. They're all essential activities in our day to day lives. Doesn't seem like something we really think twice about, and we shouldn't. Because living in a prolong state of stress over every "what if" scenario is detrimental to mental and physical wellbeing. Too much stress negatively impacts our lives, especially our health. The downside of this stress response today is that we use it frequently for things that aren't life threatening like work, our kids, money, or public speaking. We even stress about stress!

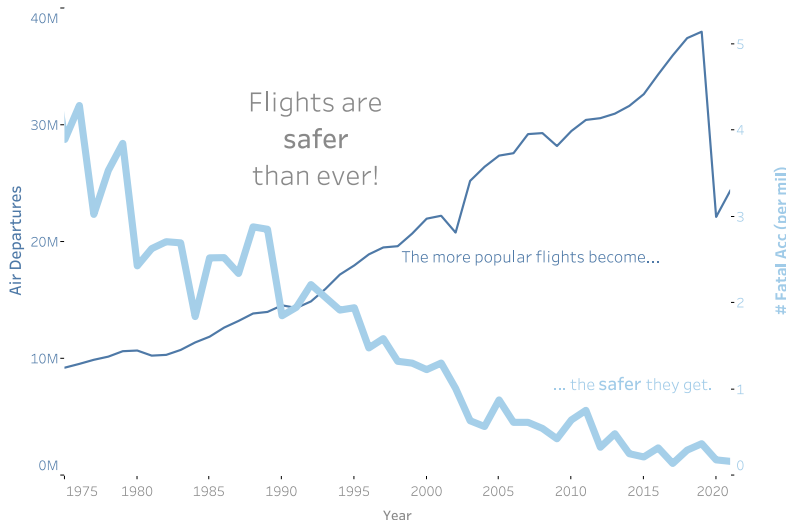
What about flying? How does flying make you feel? Surprisingly, all the activities in the late morning scenario are riskier than flying. You are even more likely to be fatally injured by lightening, fireworks, a ladder, or food poisoning than flying in a commercial airplane. To put that in perspective, you are more likely to die from eating the food on the plane than the actual plane ride.



We've recently seen the media question the safety of flying on airplanes. Did you know that the 1 in 11,000,000 odds of being in a fatal airplane crash can be compared to riding on a plane every day for 10,000 years safely? Flying in 2024 is safer than ever before. If you've never had an issue with flying in the past, don't allow the media to consume your psychological safety when it's not warranted.

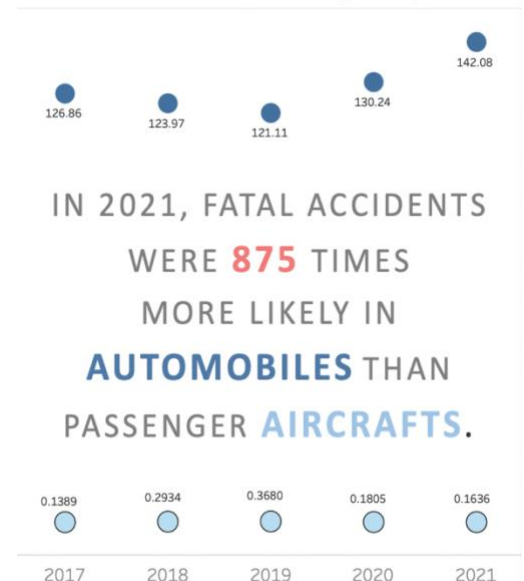
And, even more so, I challenge you to keep calm through non-life-threatening scenarios. Your quality of life depends on it. So, what are you doing to rise against the odds? Relax, take the bath, shoot the fireworks, and take the flight.

Increase in Flights vs Reduction in Fatal Accidents



Source: Fatality Analysis Reporting System (FARS)

Auto vs Airline Fatal Accidents (per mil)



Source: U.S. Department of Transportation Federal Highway Administration

References:

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