



Q: I need to fly frequently, but as I get older the ordeal becomes more and more uncomfortable, both physically and mentally. I still have another five years of frequent business travel before I retire. Any suggestions on how I can cope? *MJMcC, Portland OR*

A: Try meditation. Block out aircraft noise, confusion and discomfort. Look for local services that teach the ancient practice, and/or scan online meditation websites for instructions. There are also basic ways to pass the long flight time with smartphones and other portable electronics in your ears and eyes. Fill them with prerecorded books, music and videos. And don't forget to bring a brimmed hat or cap you can pull down over your eyes to blot out the crowded, noisy aisles and seats around you.