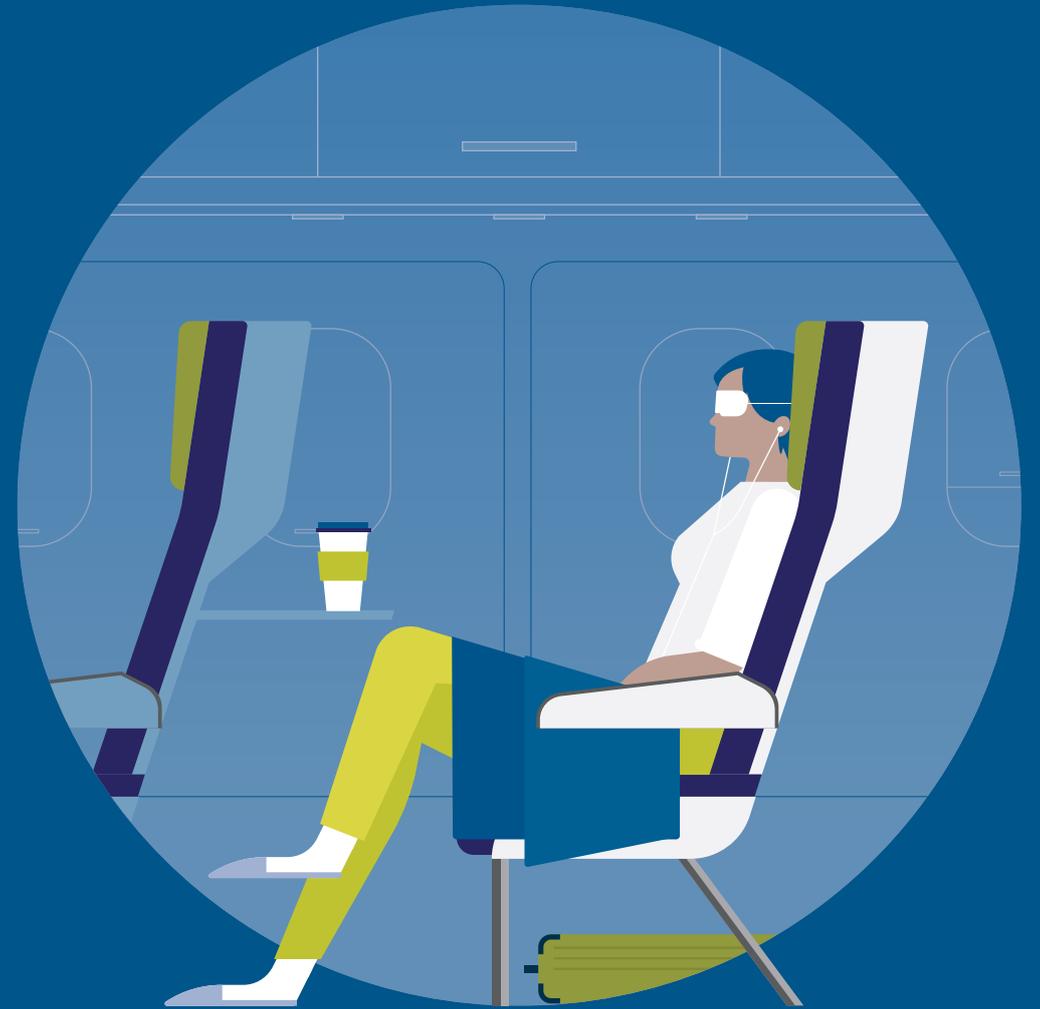


FLY CALM:

A Relaxing Colouring Book



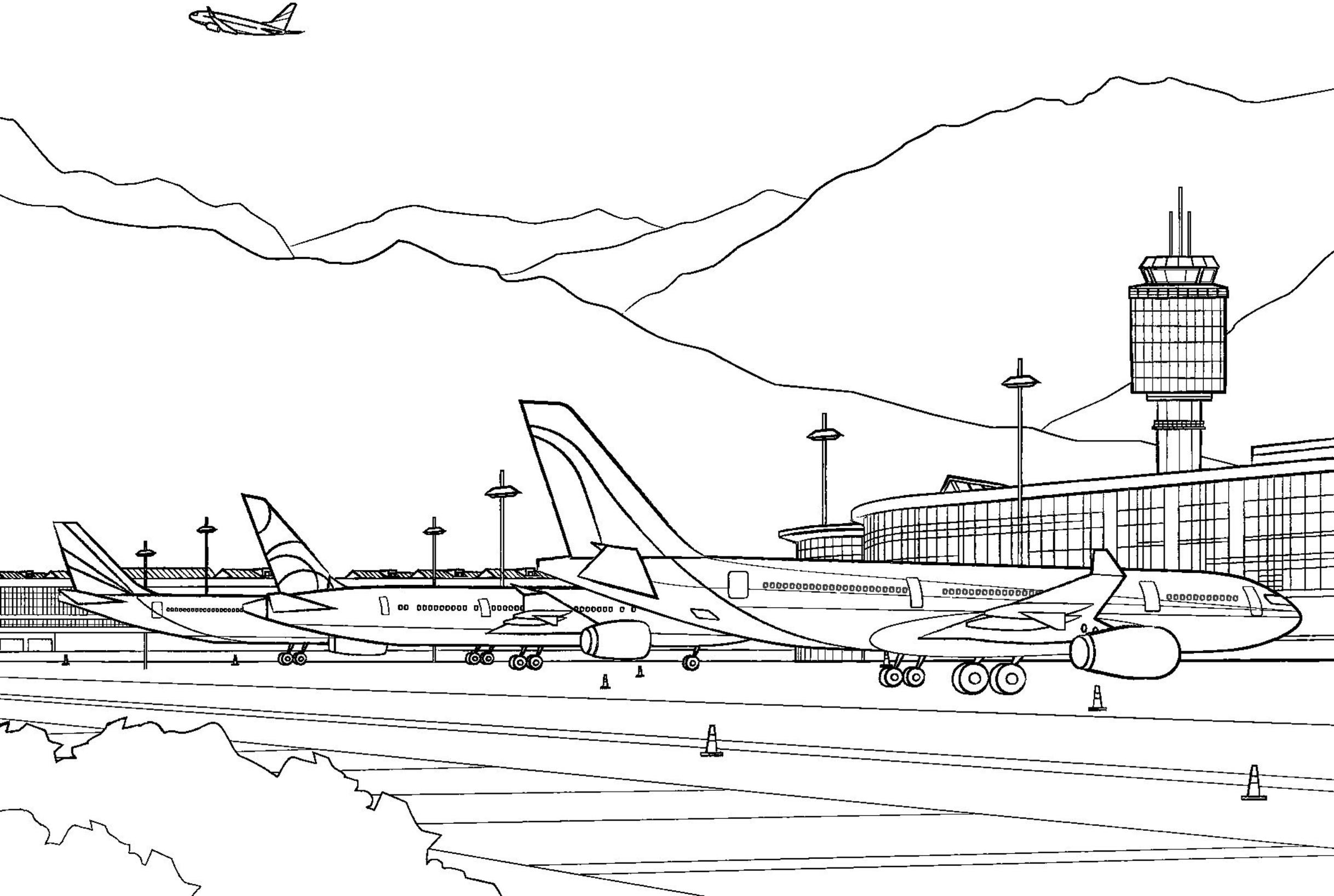
Travelling can be stressful – from going through security to catching your flight; it is non-stop. That is why Vancouver International Airport (YVR) has collaborated with the Canadian Mental Health Association (CMHA) to create an on-the-go colouring book to help you relax when travelling. Visit [FlyCalm.ca](https://www.flycalm.ca) to learn more about how you can prepare for your trip!

Check in on your mental health with a few helpful tips:

- ① FIND WAYS TO MOVE**
If you can, check your bags or lighten your load so you have more freedom to walk around.
- ② DISTRACT YOURSELF**
Read a magazine, get into a good book or play a game on your device to help shift your mind off the rush of travel.
- ③ GIVE YOURSELF EXTRA TIME**
When you come to the airport early, you can take your time and breathe easier knowing that if you hit a delay, it won't risk your whole schedule.
- ④ STAY HYDRATED**
Drinking water helps you handle stress more effectively. If you bring an empty water bottle in your carry-on, you can fill it with water after you've gone through security.
- ⑤ SHOW CARE TO OTHERS**
Being a considerate traveller helps everyone arrive at their destination feeling more relaxed. Making sure your luggage doesn't use up extra seats, moving out of someone's way or helping with a stroller are simple things you can do to help those around you.

[FlyCalm.ca](https://www.flycalm.ca)

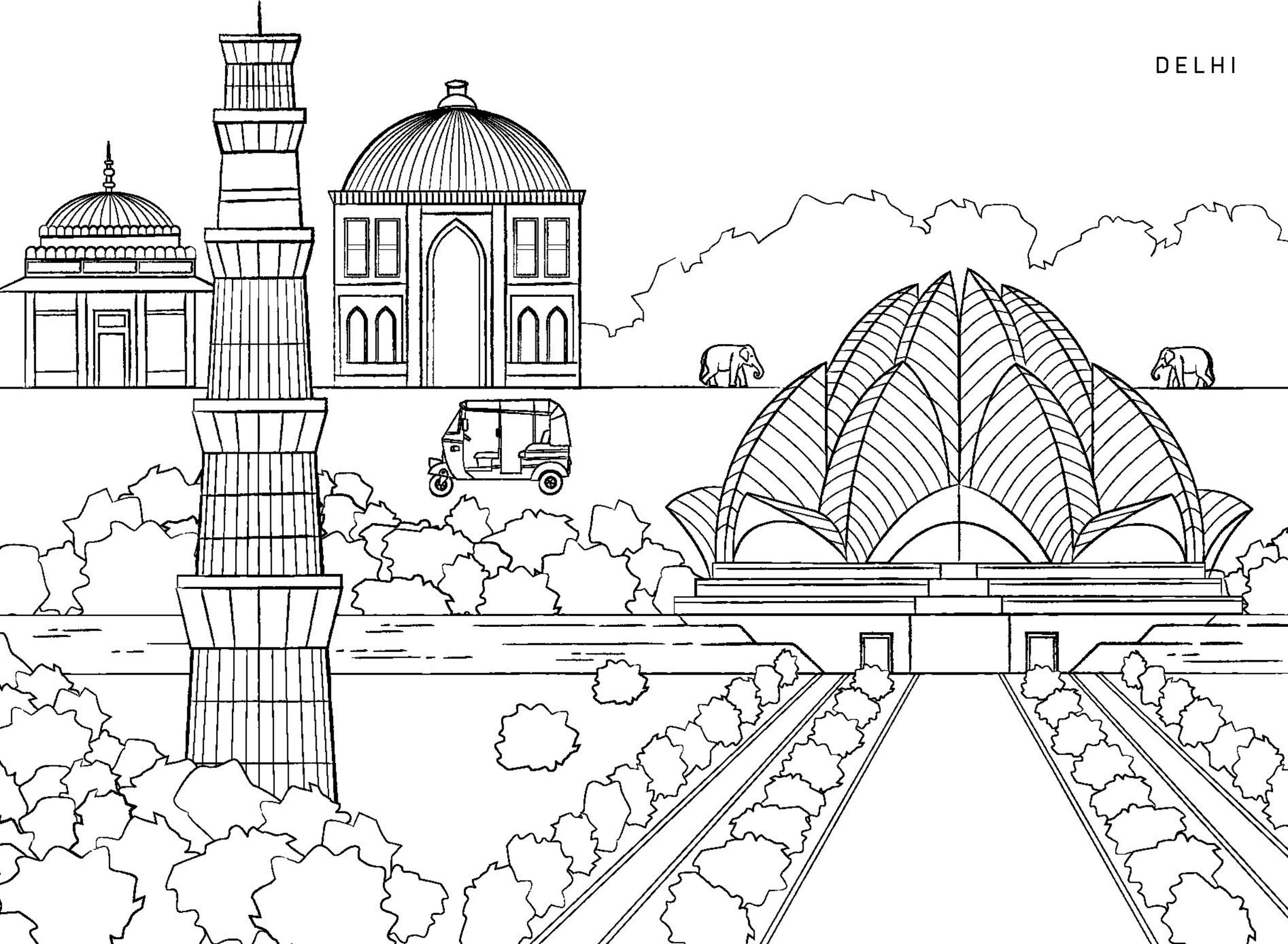
YVR



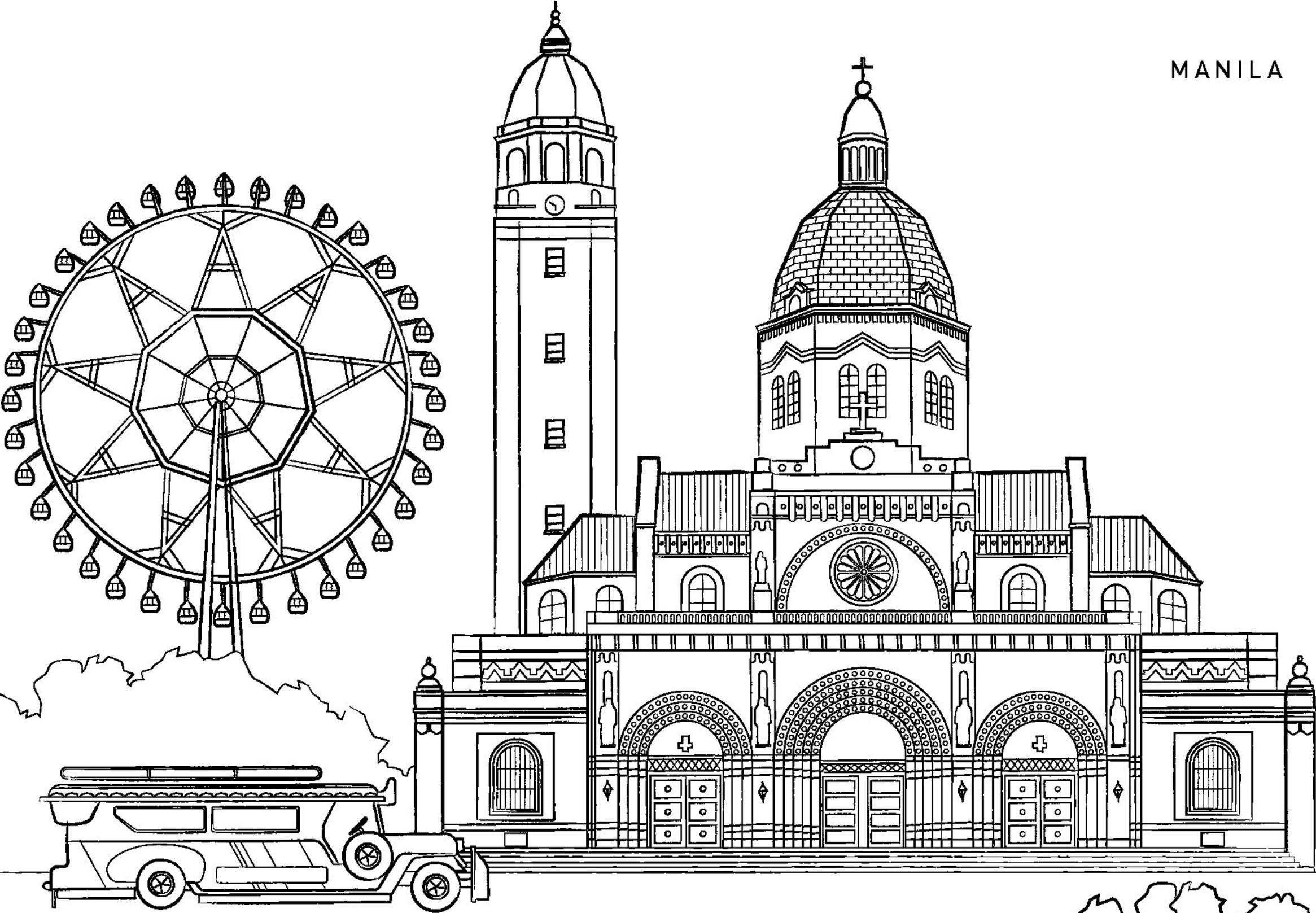
NEW YORK



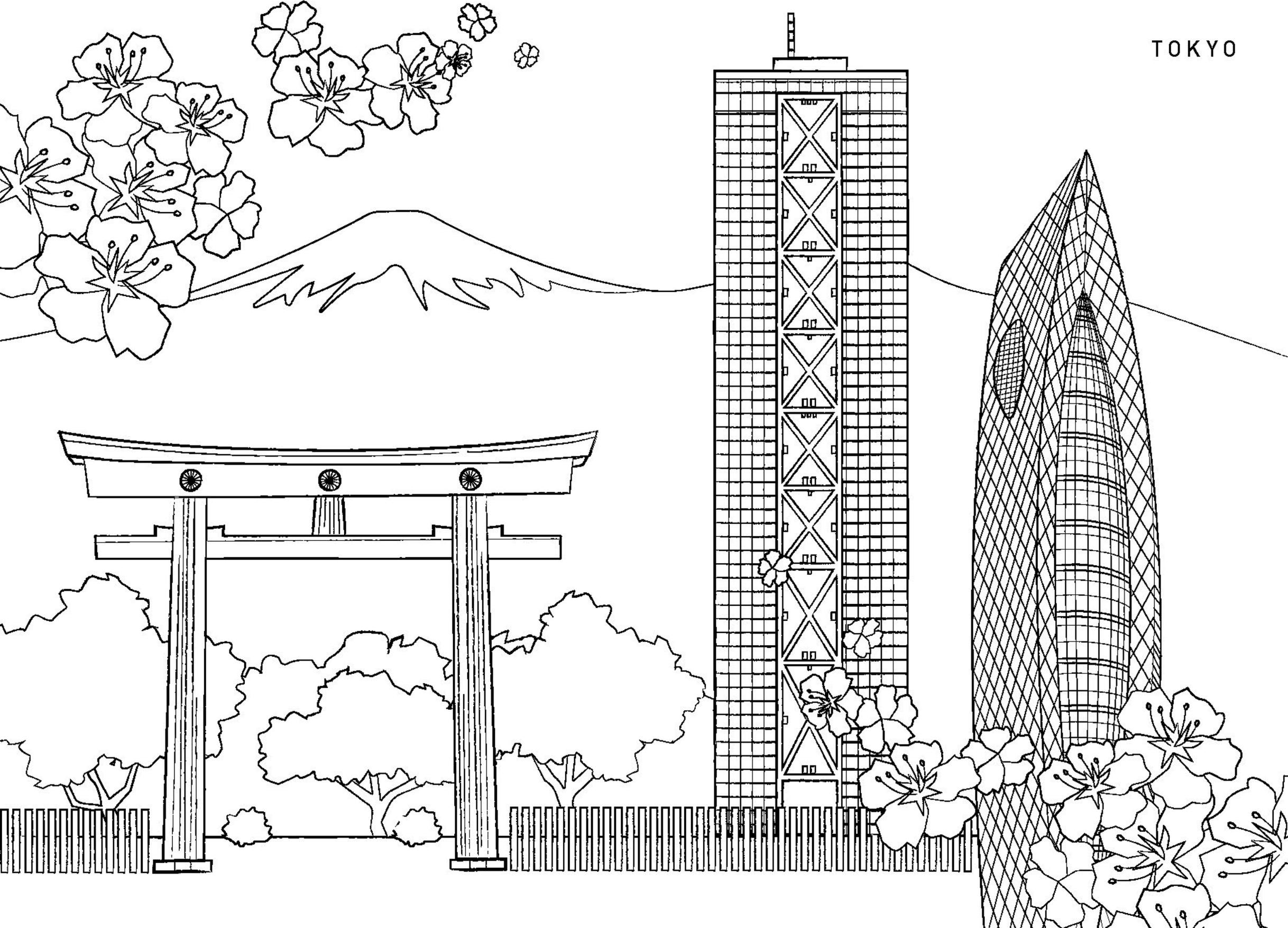
DELHI



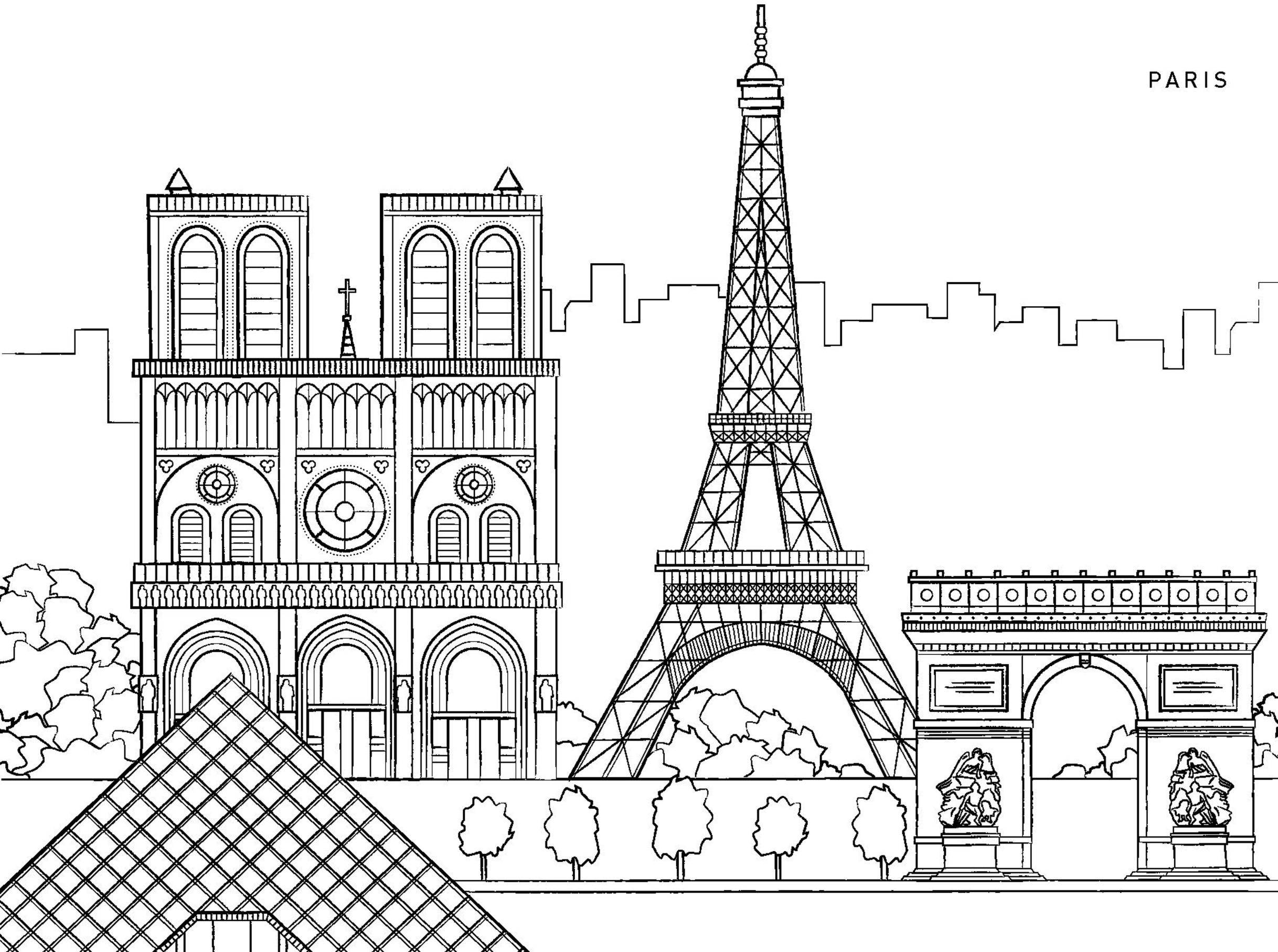
MANILA



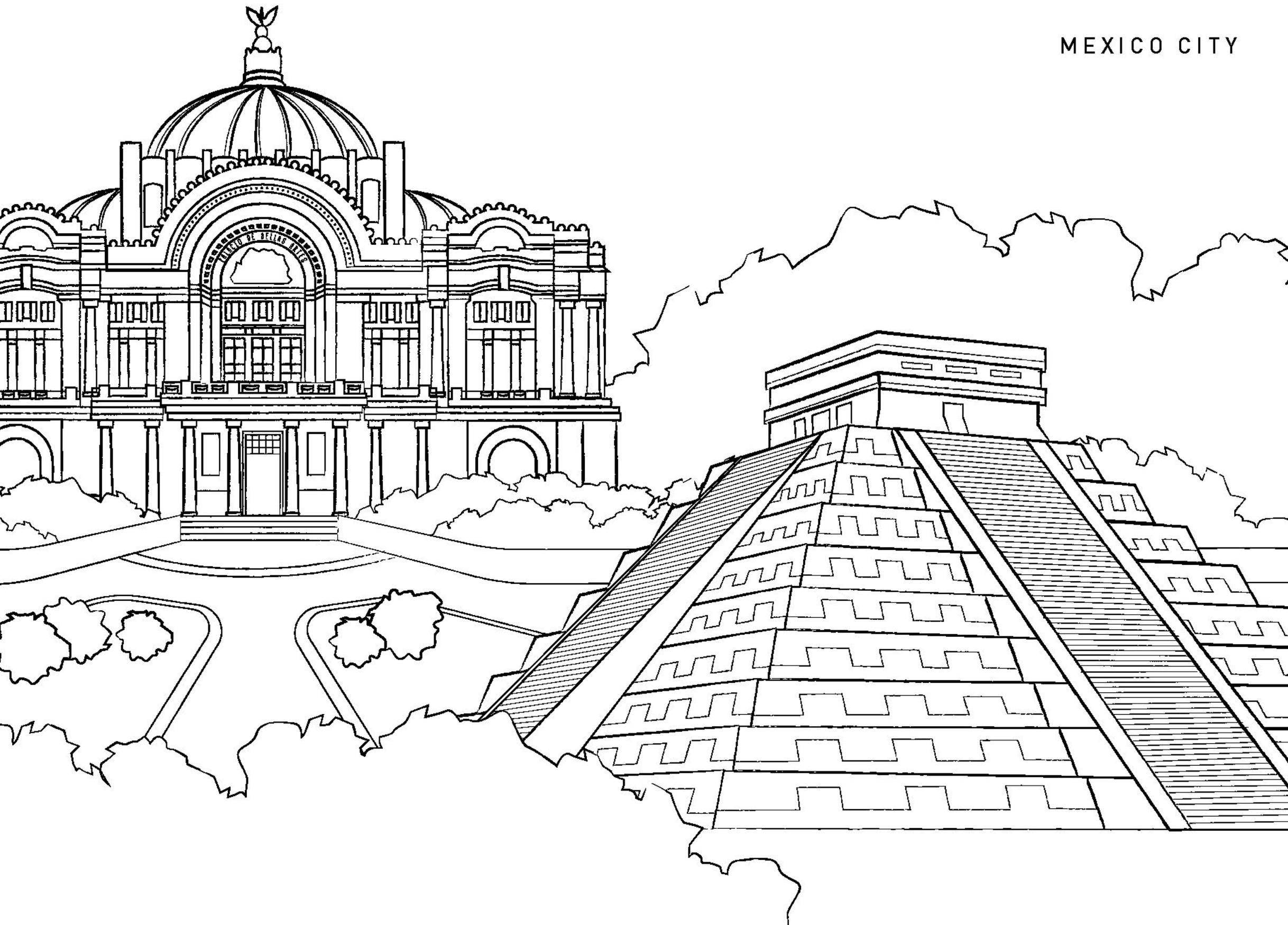
TOKYO



PARIS



MEXICO CITY



OTTAWA

