

SELF-HELP FOR TINNITUS

Beth-Anne Mancktelow
Audiologist and Hearing Therapist

This leaflet has been written to help you learn some simple ways which may help you lessen the intrusiveness of your tinnitus and improve your quality of life.

Tinnitus is a common condition, and although the BTA encourages you to seek help from a hearing professional, it is important to remember that tinnitus is a symptom, not a disease. It can be caused by a variety of factors, including age-related hearing loss, noise exposure, earwax, and certain medications. It is important to consult your GP or a hearing professional if you are experiencing tinnitus.

Relaxation and meditation

Relaxation and meditation can help reduce the stress and anxiety associated with tinnitus. There are many different techniques available, including deep breathing, progressive muscle relaxation, and mindfulness meditation. It is important to find a technique that works for you and to practice it regularly.

We are all different and what works for one person may not work for another. You should always see your GP or a hearing professional for advice. However, there are some simple techniques that you can try at home. For example, you can try deep breathing exercises, which involve breathing in slowly through your nose and holding the breath for a few seconds before breathing out slowly through your mouth.

Using the techniques described in this leaflet can help you to manage your tinnitus and improve your quality of life. It is important to remember that tinnitus is a symptom, not a disease, and that there is no cure. However, there are many things you can do to help you to live with tinnitus and to improve your quality of life.

Progressive muscle relaxation

Progressive muscle relaxation (PMR) is a technique that involves tensing and then relaxing different muscle groups in the body. This helps to reduce muscle tension and stress, which can help to reduce the intrusiveness of tinnitus. PMR can be done anywhere and at any time, and it is a simple technique that can be learned from this leaflet.

To do PMR, you should lie down in a comfortable position and close your eyes. You should then tense each muscle group for about 30 seconds, followed by a 30-second rest period. You should repeat this process for each muscle group, working from the feet up to the head. This process should be repeated three times a day.

Contract the muscles in your feet, holding the contraction for 30 seconds. Then relax the muscles and rest for 30 seconds. Repeat this process for each muscle group in your feet, including your toes, your ankles, and your calves.

You should repeat this process for each muscle group in your body, including your hands, your arms, your back, your neck, and your face. This process should be repeated three times a day. It is important to remember that PMR is a technique that takes time to learn and to practice. You should always see your GP or a hearing professional for advice.

Whilst the BTA makes every attempt to ensure the accuracy and reliability of this information, it is not a substitute for medical advice. You should always see your GP/medical professional.

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