

# SELF-HELP FOR TINNITUS

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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 British Tinnitus Association does not have a cure, it can help you learn some simple ways which may help you lessen the intrusiveness of your tinnitus and improve your quality of life.

## Relaxation and meditation

Relaxation and meditation can help you to reduce the stress and anxiety that can be associated with tinnitus. There are many different techniques available, and you should choose the one that you find most comfortable.

We are all different and what works for one person may not work for another. You should always see your GP/medical professional for advice. However, there are some simple techniques that you can try at home.

Using the techniques described in this leaflet may help you to reduce the stress and anxiety that can be associated with tinnitus. There are many different techniques available, and you should choose the one that you find most comfortable.

## Progressive muscle relaxation

Progressive muscle relaxation is a technique that involves tensing and then relaxing different muscle groups in the body. This can help to reduce the stress and anxiety that can be associated with tinnitus.

To do this, you should lie down in a comfortable position and breathe slowly and deeply. You should then tense each muscle group for about 30 seconds, followed by a 30-second rest period.

Contract the muscles in your feet, holding the contraction for 30 seconds. Then relax the muscles and breathe normally.

Now tense the muscles in your legs, holding the contraction for 30 seconds. Then relax the muscles and breathe normally. Continue this process for the rest of your body.

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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