

Tinnitus Activity Book

This activity book is targeted at young people in Key Stages 3 and 4

This is an activity book designed to help you manage your tinnitus.

There is space for you to write and draw, or to stick things in – whatever you want to do.

There's no right or wrong answers, and you don't have to show this book to anyone if you don't want to.

Tinnitus is when your brain hears a sound inside your head or ears that doesn't have a matching sound outside. It might sound like buzzing, ringing, whooshing or humming.

What do your noises sound like?

Does it change or come and go?

Why don't you describe what your tinnitus sounds like here. You could use words, draw a picture, or find an image.

Most people aren't bothered by their tinnitus, but some find it quite upsetting. How does your tinnitus make you feel?

Does your tinnitus sometimes stop you doing something?

If you'd like to, you can write about it here:

Sometimes, there might be times at home or school when you notice your noises are more annoying – perhaps when you are doing your homework, or trying to sleep.

If you'd like to, you can write here about when this happens.

Most people with tinnitus get it checked out.

Who have you seen about it?

Your doctor probably told you lots of things about tinnitus and your ears. What do you remember?

What suggestions did they make about managing your tinnitus?

Some people do not mind having tinnitus. Some people find it really annoys them, and others find it really upsets them.

If you want to, fill out the thought bubbles with some of the thoughts that go through your mind when you think about your tinnitus.

How do these thoughts make you feel?

It can be helpful to look closer at your thoughts, and work out how they are making you feel or behave.

Don't worry if you can't find whole sentences or don't have an answer – just fill in the ones you want to.

What's worrying me about how I'm feeling? What do I do when I feel this way?

What are my worries about talking about this with other people?

How could talking about it help?

What changes do you think you could make to make things easier for you at home? (We'll look at school in a minute)

How do you think other people could make things easier for you?

Do you think you can write a plan so you know what to do when your tinnitus is more annoying?

What would it be?

Use the next page to write out your plan – any maybe talk about this with other people do they know what you're doing.

Plan for home

It can help to tell people that your noises are annoying you.

But sometimes, like at school, you might not want to make a fuss.

Have you talked to a teacher or support worker about your tinnitus? If you haven't, what do you want to say to them?

If you have, what did you say to them and would you want to say something different?

How can your teacher make things easier for you?

What would a plan for school look like?

Use the next page to write out your plan – and maybe talk about this with your teachers so they can help you.

Plan for school

There are lots of things you can do to make your tinnitus quieter, such as relaxation exercises, listening to nature sounds, or focusing on a favourite hobby.

What do you do to help you feel better?

Some people make a card with things that make them happy on it which they can look at when they feel upset about their tinnitus. It helps them feel better.

Why don't you make your own collage or drawing?

You could put it in your school bag to look at when you feel bad.

If your noises are bothering you, you can always go back and talk to your doctor about them. They want to help you.

Don't forget – it's important to avoid damaging your hearing with loud sounds, whether that's playing or listening to music.

You might want to check out www.tinnitus.org.uk/plugem for more information about protecting your hearing.