

This **six-session online programme** offers interactive six-part workshops with expert presentations led by veterans, open discussions, and practical strategies, creating a supportive community for military personnel and veterans living with tinnitus.

Making Sense of the Noise:

- Understand tinnitus and sound sensitivity
- Recognise common symptoms and causes relevant to military experience
- Begin to identify personalised management strategies

Handling Stress, Anxiety & PTSD

- Discover psychological methods, such as CBT and mindfulness.
- Manage stress, anxiety, depression, and PTSD effectively.
- Develop emotional coping strategies tailored to personal experiences.

Tools & Resilience Strategies

- Explore complementary therapies: nutrition, sleep hygiene, relaxation.
- Integrate holistic strategies into everyday routines.
- Build resilience through peer support and self-management planning.

Coping with Sound Intolerance

- Identify triggers and understand why sensitivity occurs.
- Learn sound desensitisation techniques and environmental adjustments.
- Adopt effective coping skills for day-to-day life.

Practical Tools to Tackle Tinnitus

- Understand and break unhelpful tinnitus cycles using the CBT model
- Challenge negative beliefs and build balanced perspectives
- Learn practical skills for daily symptom management

Insights & the Future of Tinnitus

- Nottingham University's role in tinnitus research and support
- Key research trends: triggers, sound intolerance, and management
- Value of joining support groups and charities for tinnitus and hearing loss

Register for FREE today

Limited places available. Register today to be the first to hear finalised course details and priority registration.

✉ enquiries@veteranswelfaregroup.co.uk

🌐 veteranswelfaregroup.co.uk/sound-off

Scan to register

