

Easy
Read



Self help for tinnitus

(T)

British Tinnitus
Association

Easy ways to help your tinnitus and improve your life



Many people feel anxious and afraid when they first experience tinnitus.



A good way to feel better is to relax. Here are some ways you can use to learn to relax.

Exercise 1: complete muscle relaxation



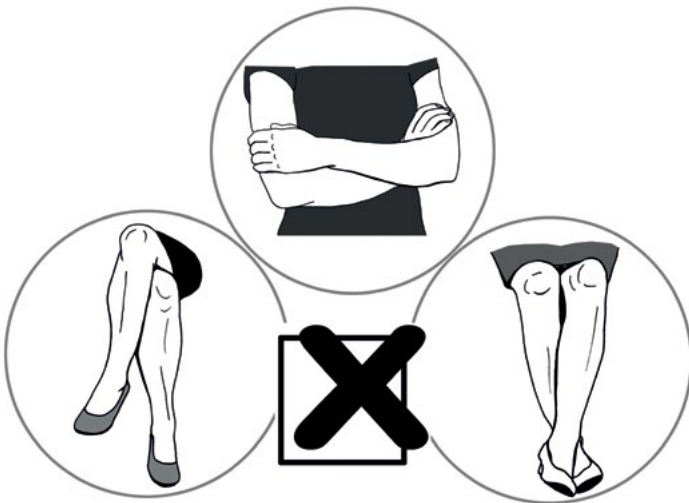
Find a peaceful place where you feel comfortable and where people won't disturb you.



Choose a good time, maybe in the morning, or early evening.



Sit in a comfortable chair or lie on your back on a firm surface.



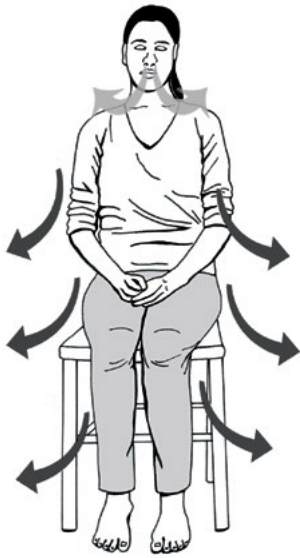
Don't cross your arms, legs or ankles.



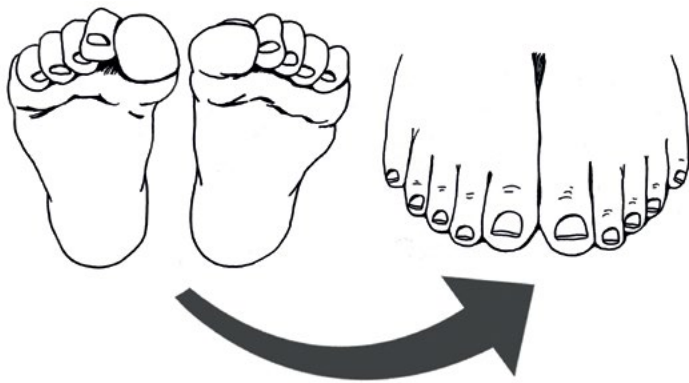
Think about your breathing. Notice that it has a natural rhythm.



Breathe in a steady, even rhythm. Breathe in through your nose, hold for a moment, then breathe out through your mouth.



Every time you breathe out, let go of a little bit of your tension. Do this for a few minutes.



Then, make your toes as tight as you can. Really scrunch them up. Hold, then relax.



Now do the same with your ankles, calves, thighs...work all the way up your body to your head.



Notice your breathing. It should be calm and even.

Exercise 2: imagine a peaceful place



Make sure you are comfortable and not likely to be disturbed.



Imagine you are leaving the room. You walk out of the door and down a path.



You come to a beautiful garden.



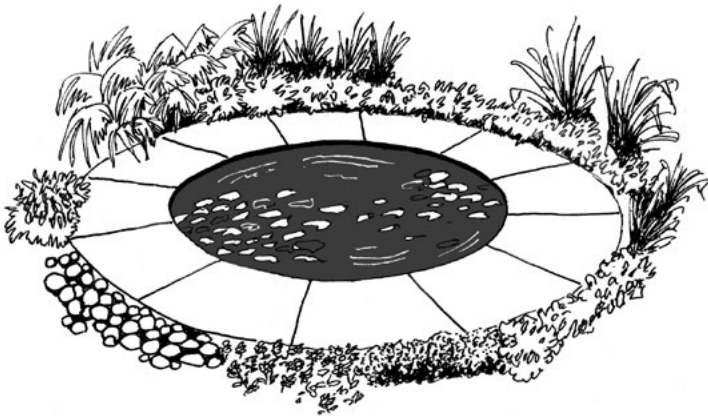
You can hear birds singing, and children playing happily in the distance.



You feel a cool breeze on your skin.



You hear the rustle of the wind through the leaves on the trees.



The colours of the leaves - green, gold and red, dance across a calm pond in the middle.



You feel the soft grass under your feet.

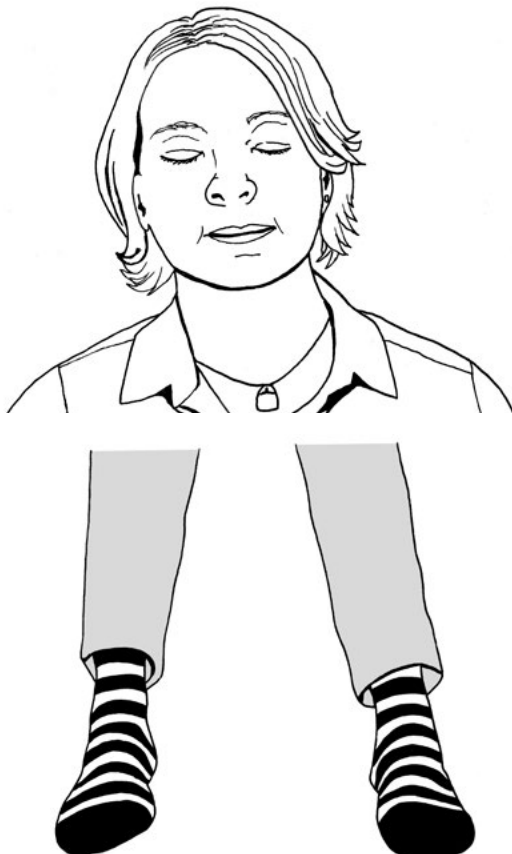


Spend some time in the garden (or imagine a different peaceful place) then slowly come back to the room where you are, feeling more relaxed.

Exercise 3: meditation



Sit comfortably in a chair.



Relax your eyes.

Feel your feet on the floor.



Feel your legs and arms resting on the chair.



Hands are soft and relaxed.



Shoulders and face are relaxed.



Breathe in a steady, even rhythm.



Now...invite other areas of your body in. Focus on where you may have pain or tension. Relax and soften any tight muscles.

Be aware of your thoughts, feelings, and mood.

Now...start to move gently. Make any small movement that you can manage and that feels calming, maybe moving your feet or fingers in a circle.

Be aware of being back in the room, but more relaxed and at peace.

Exercise



Doing some exercise at the same time each day or each week will help you to feel much better.

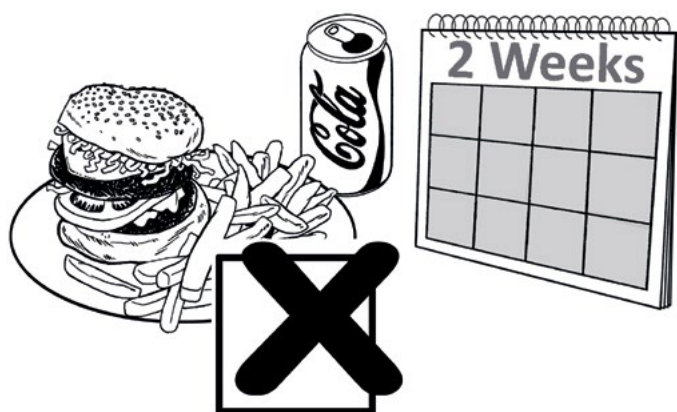
Try to have a gentle walk or a swim.

Maybe do more as you get fitter.

What you eat



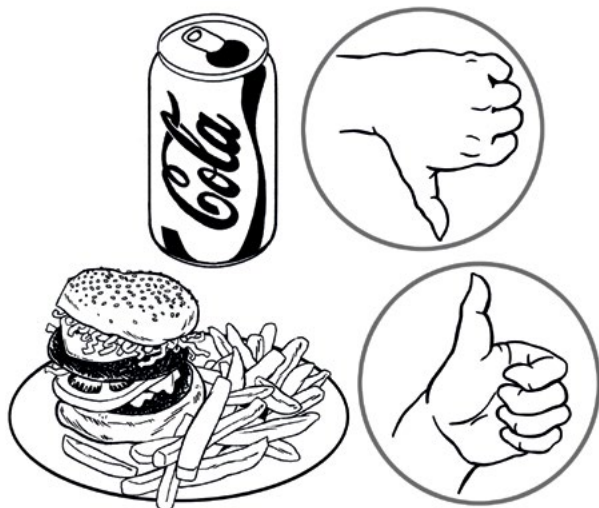
Some people find that a particular food or drink affects their tinnitus.



If you think that something you eat or drink makes your tinnitus worse, try not to have that food or drink for two weeks.



If your tinnitus gets better when you cut out the food or drink, maybe try cutting it out completely.



Make sure that the food or drink really is causing the problem before you cut it out, especially if it is something you enjoy!



For more information, see the BTA leaflet **Food, drink and tinnitus**.



Call the BTA (British Tinnitus Association) helpline on **0800 018 0527**



Some people find that having the radio on or playing music really helps their tinnitus.



A lot of people find that background sound helps them. A clock ticking, fan blowing, or natural sounds like rainfall or the waves of the sea.



You can buy CDs of natural sounds.



For more information on the use of sound, see the BTA leaflet [Sound Therapy](#).



If you are doing something you enjoy, it is easier to forget your tinnitus.



Work, hobbies, and interests provide a focus.



Painting or writing might help.



Relaxing activities and seeing friends will also help.

More information



The internet has lots of information, but some of the information about tinnitus is not right or helpful.



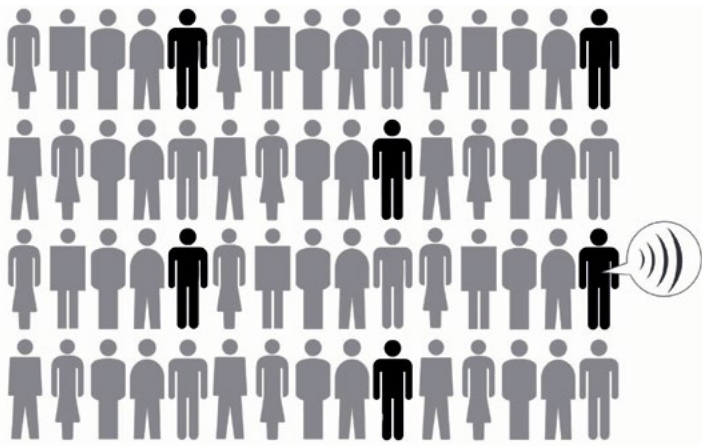
Information from the **British Tinnitus Association (BTA)** comes from experts, and you can rely on it to be right.



For more information about tinnitus, call the **BTA helpline** on **0800 018 0527**



The British Tinnitus Association is the only national UK charity that just helps people with tinnitus.

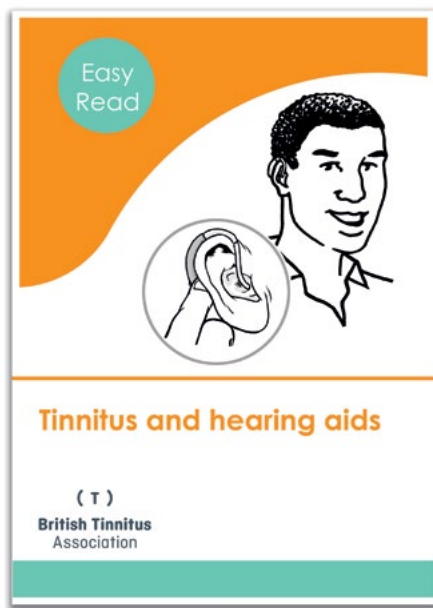


We are an independent charity supporting hundreds of thousands of people who have tinnitus, helping to make their lives better.

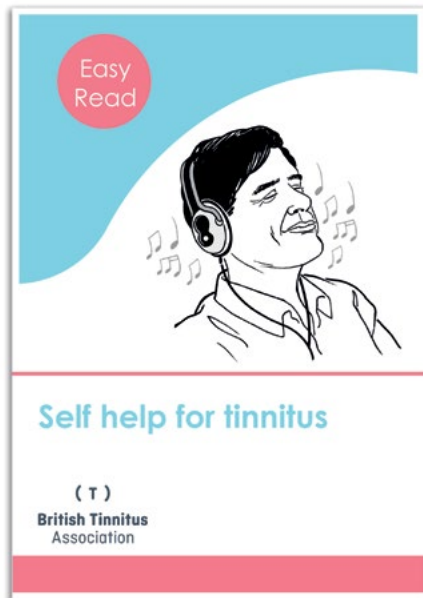


As we get no government or NHS funding, the support we provide can only be offered with the help of donors and supporters who give us money.

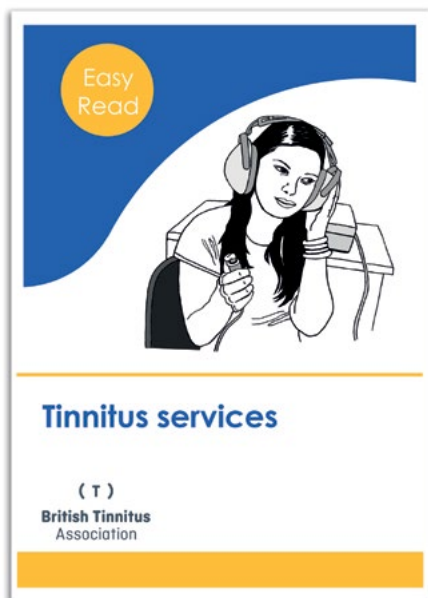
Other Leaflets in Easy Read



All about tinnitus



Tinnitus and hearing aids



Tinnitus services

This easy read document has been produced by
The British Tinnitus Association working with CHANGE.
www.changepeople.org



Ask us if you would like more details about anything in this leaflet.

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The BTA tries very hard to make sure our information is right, but it cannot tell you everything. You should always check with your doctor.

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