

This is printed as part of a series of occasional papers produced by the BIRMINGHAM TINNITUS GROUP presenting a variety of viewpoints to offer information and support for our members.

The question "What do you find helpful in coping with your tinnitus?" appeared in our group survey which was circulated in July 2009. This paper has been compiled from our members' answers and is published in response to the requests we received for such information to be made available.

MEMBERS' COPING SKILLS

Compiled by Eileen Hewitson

- Keeping my neck warm
- Reading poetry
- My tractor mower takes over the tinnitus noise and is quite relaxing
- Keeping oneself well occupied and counting one's blessings. There is always something one can be thankful for
- Talking to fellow sufferers
- Playing the piano
- Listening to certain music eg Beethoven's Emperor
- Eating apricots
- Spinal, facial and hand relaxation
- Joining this group
- I rule (control) it, it does not rule (control) me
- Music and relaxation
- Distraction – something to occupy my mind
- Keeping busy
- One of your "Friendly Voices" gave me an invaluable tip many years ago when I first had tinnitus. That tip was to listen to the radio all night via earphones. I do this every night. The BBC World Service is superb!.. and that comes from an American living in the UK
- The passing of time has, for me, been the greatest help plus reading all the occasional papers, most of which I have passed on to others
- Music and talking books
- Deep breathing, relaxation, speech/sound
- I just keep busy and use the radio and television
- Try to ignore it. Have a full life. Avoid tinnitus discussion etc..
- Walking
- Manual working – with music to my taste
- Being and keeping active; being outdoors; nature sounds machine at night
- Holidays! Avoiding situations where I struggle. Stress is worst of all
- Watching TV and using hearing aids to help me ignore it
- Just trying not to concentrate on it helps me
- Being positive and accepting my tinnitus. Relaxation is helpful and music is too. MP3 player is great
- Meditation
- The main thing I find helpful in coping with my tinnitus is my under-pillow speaker playing different sounds, ie the wind
- Keeping busy, music playing in the background
- Occupational therapy
- Being active and distracted by other things. Over time you tend not to notice it until someone mentions it
- White Noise Generator. Pottering in the garden
- Talking to others
- When first diagnosed, chatting to one of the Friendly Voices was a life saver
- Keeping busy. Having an interest in many things. Learning relaxation!
- Ignoring it
- Conversation
- Walking in the garden, reading a book, not worrying too much (if that is possible)
- I ignore it and forget that it is there. Keep calm
- Reducing stress levels. Generally keeping occupied and walking
- Limiting the amount I read (1 Times and 2 Birmingham Post per week) Keeping busy/occupied. Following the hearing therapist's advice!!
- Keeping busy
- Lots of music and activity

- Radio 4. Listening to people talking is more helpful than music on Radio 3
- I enjoy music – usually Classic FM when tired or stressed – silence amplifies the tinnitus
- Working – less stress
- At night, sound ball; bubbling stream, sometimes in combination with ear sound generator. Listening to Classic FM before bedtime. Relaxation. Reflexology. Walking. Aiming at all-round good health. Positive thinking (self hypnosis)
- Swimming. Singing. Chanting “Om”.

*It is interesting to note how many use either sound and/or occupational therapy!
If anyone tries something which produces good results, please let us know.*