

## RELAXATION CDs and CASSETTE TAPES

This is printed as part of a series of occasional papers produced by BIRMINGHAM & DISTRICT TINNITUS GROUP

presenting a variety of points to offer information and support for our members

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I am also often asked to recommend a Relaxation tape or CD. Although it is you alone who allows your body to relax, there is no doubt that an outside voice can direct and keep you focussed on your relaxation. There are well-tried sources that provide relaxation tapes (and increasingly just CDs) and these are listed below. However, I thought it might be a good idea to cast the net a little wider, so I did a search on the Internet.

A request for pages offering Relaxation Cassette Tapes in the UK provided a list of 2,470 websites and all within 0.05 seconds! Obviously there are plenty of organisations out there that produce relaxation exercises. The difficulty comes in finding out whether the content and format is right for you. You have to decide whether you prefer a man's or a woman's voice; whether you want background music or not; whether you want the relaxation to last for 10, 20 or 30 minutes.

Some of the companies offered demonstrations over the Internet but I was unable to access the couple I tried. It is nice, however, to have a variety of formats as you may well find that some suit one occasion more than another.

**Below, in alphabetical order, is the list of suppliers who have proved reliable over many years, and the CD/ tapes they supply at the moment:**

**Aleph One Limited**, The Old Courthouse, Bottisham, Cambridge CB5 9BA. Telephone 01223 811679, e-mail [info@aleph1.co.uk](mailto:info@aleph1.co.uk), Website [www.aleph1.co.uk](http://www.aleph1.co.uk)

A range of tapes from the Lifeskills series by Dr Robert Sharpe. Most popular is **Relax and Enjoy It** (now only on CD); on cassette is **Control Your Tension and Sleep Well** £10.00 for the first, £19.00 if 2 are ordered.

**Action on Hearing Loss (formerly RNID)**, 19-23 Featherstone Street, London EC1Y 8SL. RNID Information Line 0808 808 0123, Website: [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

**Stresswise**, PO Box 96, Holyhead, Gwynedd, LL65 9BA, Tel: 0845 0568977  
e-mail [stresswise@talk21.com](mailto:stresswise@talk21.com), Website [www.stresswise.co.uk](http://www.stresswise.co.uk)

**The following have been recommended by our members:**

**Diviniti Publishing**, Unit 1 Bourne Enterprise Centre, Wrotham Road, Brough Green, Kent, TN15 8DG Tel: 01732 882057 [www.hypnosisaudio.com](http://www.hypnosisaudio.com)

**Thorson Audio** supplies **Principles of Meditation by Christina Feldman** Price £8.99 + £1.00 p&p. The 90-minute tape includes the five main types of meditative practice and a series of exercises to improve and enhance your meditation skills. It can be ordered from:  
Thorsons Audio, Harper Collins Mail Order, Harper Collins Publishers, Westerhill Road, Bishopbriggs, Glasgow G64 2QT Telephone 0141 772 3200

**If you would like to have a background sound and guide yourself in your relaxation, there are other types of recording :**

**British Tinnitus Association** produce a series of CD's and white/pink noise sounds  
BTA, Ground Floor Unit 5, Acorn Business Park, Woodseats Close, Sheffield, S8 0TB. Freephone 0800 018 0527. Office Line 0114 350 9933. Website: [www.tinnitus.org.uk](http://www.tinnitus.org.uk) (Also available at our general meetings)

**Hull Tinnitus Group** have produced Sea Shore Sounds which is a recording of water lapping in the Solway Firth. CDs and tapes can be obtained from HUSH c/o 109 Southella Way, Kirkella, Hull, HU10 7LZ. Telephone 01482 656033 Email [hush@btinternet.com](mailto:hush@btinternet.com), CD £6, Tapes £5 including P & P. They are also in the process of producing a DVD called "River and Sea - Scenes of Moving Water". This is primarily aimed at

those with a profound hearing loss, but others have found it very helpful and relaxing as well. At the moment there is no specific charge, although a donation is most welcome.

**Please do check first that the recording is still available and that the cost has not changed and if you experience any problems, I would like to know. If anyone can recommend any CD or tape, please get in touch and share your experience. Many thanks.**

Reviewed October 2011-10-18