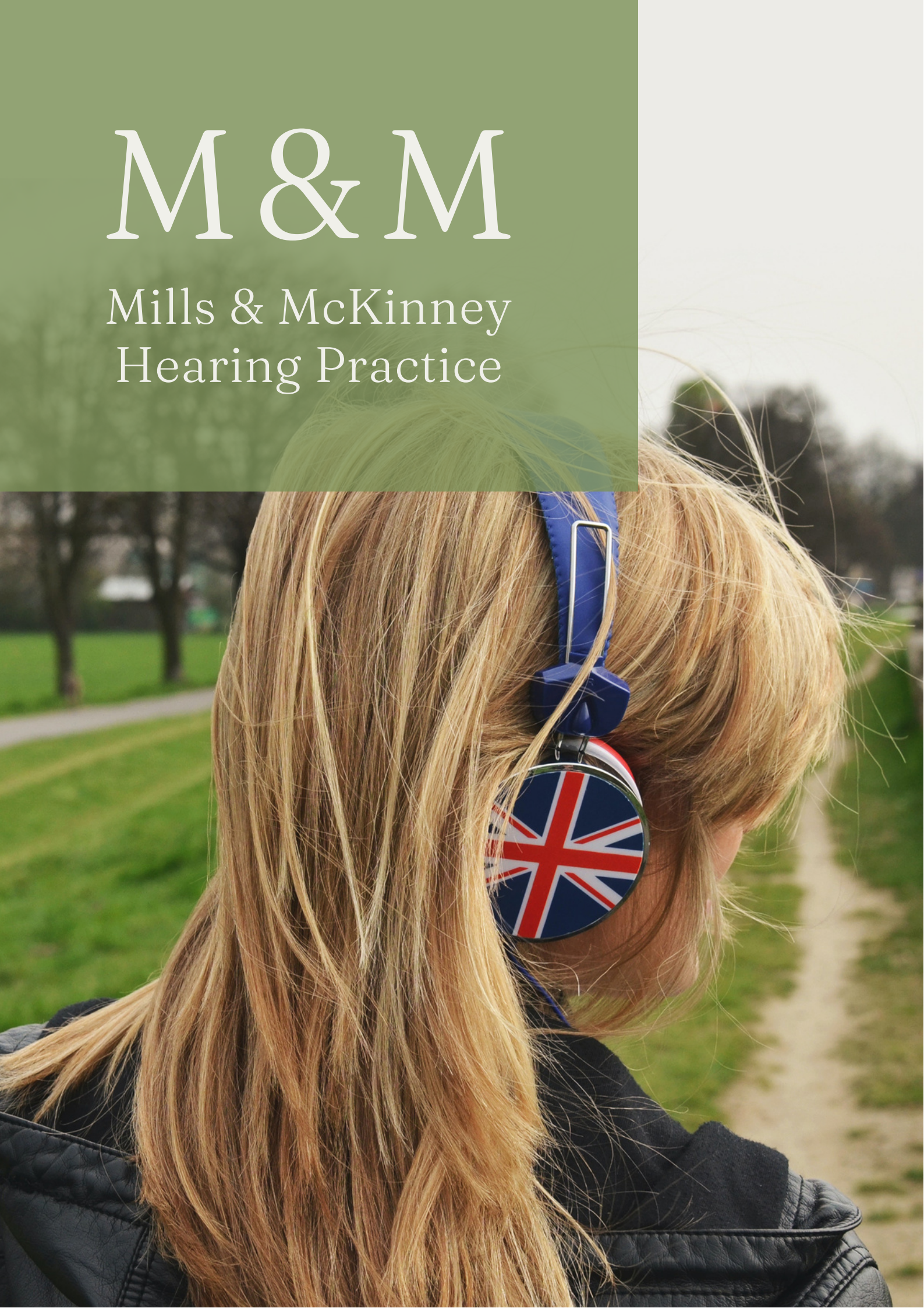


# M & M

Mills & McKinney  
Hearing Practice





# Tinnitus Emergency Kit

**If you've suddenly been hearing strange and new sounds that you've not heard before, and realised it's not coming from the outside, but inside, that can be scary. That's happened to millions of people before.**

It can be a bit of shock to the system, creating all sorts of doubts and fears and worries, and we understand that. Tinnitus- or that ringing or rushing sound in your head - is not an illness. Almost always, its **nothing** serious or life threatening, but **yes** it can be scary and yes there is something you can do about it-and if you're told **otherwise** find a different expert or physician. But make sure you find a GP or ENT or audiologist who knows about the condition and knows about all the help and treatment there is, because it does get better, get a LOT quieter – and yes it can go away too.

But because we want to get you help right away, to allow you to UNWIRE and move **beyond** your tinnitus – we've created this Tinnitus Emergency Kit.

**You will find the resources here:**

- [Managing Tinnitus](#)
- [Tinnitus FAQ](#)
- [Changing Negative Thinking About Tinnitus](#)
- [Relaxation Techniques](#)

Whatever the cause of tinnitus – the reason it hangs around like an annoying party guest is because your brain has mis-wired to focus on the sound, to tune in – and the sooner you can mentally and emotional UNTUNE and ignore it (difficult at first we know) the sooner life will get a LOT better.

That's what this early stage resource is all about - So - in this kit you can find a range of really useful resources - some of those are guidance and advice and key medically proven information, and some of it you can start using it right away for example relaxation exercises.. Much of this we encourage you to revisit – along your road to recovery – and you may even find lifelong changes for the good in your peace of mind. Many people have.

So although - for now - it may be distressing, find the time to look after yourself, find the time to explore these resources, to understand what's really going on, and how much you can already start to learn and practice – all of which we promise – is going to have you more relaxed, more informed and therefore better placed to allow you and your brain a chance to unwind and literally rewire the very neural mis-connections and cognitive misconceptions that are out there.

Some of the ways you can use these resources is to help settle your mind, both emotionally through relaxation and mindful meditation (yes they do really help improve your tinnitus experience) and others are there to simply help make life easier – getting more sleep and allowing your mind to unwind a little at what can be a difficult time.

We've chosen from a range of publicly available resources – and some of our own that we KNOW work well. We've sourced materials from as wide a range of places from the NHS relaxation to Buddhist meditation – as no one approach works for everyone. But all if it can and will help you to get on the road to recovery now.

- **DON'T** go searching on the internet – there are a lot of bad sources of incorrect and out of date knowledge
- **DO** realise that for some people the noises really do go away altogether – just as they came on from nowhere – and for the rest – you're eventually unlikely to notice it, anymore than you noticed that left sock you're wearing right now! See what I mean?
- **DO** find a supportive medical practitioner who understand the latest approaches to treatment – and do insist on getting help as soon as possible.
- **DO** keep revisiting these resources, use them to establish a daily regime of relaxation and calm – it will pay off down the road and speed your recovery.

Have a look at the resources, and start using them – along with your GP, consultant or audiologist – to begin your path to recovery now. Why wait to get better?

### Further information

You will find further information [Tinnitus management](#) in our services section. [You may also find our other Resources helpful.](#)

The British Tinnitus Association also has some useful information. You can find this at <https://www.tinnitus.org.uk>

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