

## ACCEPTING THE FLUCTUATIONS OF YOUR TINNITUS

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There are many reasons why we experience temporary increases in our tinnitus. Whether the loudness has increased or we are simply listening to it more than usual, the result is the same. We know that we are focusing on our tinnitus more than usual and we find ourselves becoming preoccupied with our tinnitus. We know there are many factors that can cause these fluctuations; stress, anxiety, poor health, tiredness, certain foods and drinks, medications etc...

In the early stages of tinnitus many people become anxious and even fearful of sudden increases in their tinnitus, believing that the increase might be permanent. However, in time you begin to realise that the tinnitus usually settles down to its normal level.

As you gain more knowledge about your own tinnitus you become more relaxed about the fluctuations.

I now know the different foods, drinks and other factors that increase the level of my tinnitus, but as most of them are things that I enjoy, I consider a short-term increase in my tinnitus a small price to pay.

If you find that your tinnitus has been louder than normal for an extended period then it is important to examine your lifestyle.

Ask yourself:

- Have I become tired and run-down?
- Am I working too hard?
- Are there things I am particularly worried about at the moment?
- Am I getting enough exercise and relaxation?
- Are there unresolved problems preying on my mind?

Any of the above could be responsible for the increase.

In fact you can actually turn your tinnitus into a positive. If it has been louder than normal for a while you know it is time to reflect on your lifestyle and make the necessary changes. Remember, gain a deeper understanding of your tinnitus and begin to accept the fluctuations as normal. You will be far more relaxed about your tinnitus when you do.

