

TINNITUS AND ANXIETY

Understanding the Vicious Cycle

Anxiety can cause many ailments, including tinnitus. Meanwhile, tinnitus can worsen anxiety. The two together can fuel a vicious cycle.

The Vicious Cycle: Tinnitus Fuels Anxiety



Constant Noise: Hard to get relief



Fight-or-Flight: Tinnitus heightens when general anxiety elevates to a fight-or-flight response (increased heart rate, shortness of breath).



Sleep: Tinnitus and anxiety together make it hard to relax, fall asleep, and stay asleep.



Social: Leads to social avoidance, isolation, and contributes to depression and a feeling of hopelessness.

The Amplifier: Anxiety Worsens Tinnitus



Stress Hormones: Adrenaline, Cortisol, Epinephrine affect the nervous system and can cause a reduction of blood circulation in the ears.



Nervous System Overstimulation: Can cause cell damage through a lack of oxygen. Worsens tinnitus and contributes to hearing loss.



Panic Attacks & Tinnitus: Panic attacks can heighten both temporary ringing and long-term tinnitus, sometimes causing a pulsating in the ear canals. This amplifies the sound and increases fear.

Breaking the Cycle: A Holistic Approach to Relief



Visit an audiologist and have an assessment. The Tinnitus & Hearing Center of Arizona team is ready to help.



Mindfulness & Meditation:

Reduces the intrusion of tinnitus and anxiety reactions to it.



Sound Therapy:

Offers relief from anxiety and replaces continuous tinnitus with soothing sounds.



Notched Music Therapy:

Retrains your brain to lessen the impact of tinnitus and induced anxiety.



Hearing Protection:

Use when around loud machinery, music, and firearms to reduce the chances of tinnitus getting worse.

Lifestyle Changes to Reduce Stress



Deep Breathing Exercises



Proper Amount of Sleep



Routine Physical Exercise

You are not alone in your struggle. Tinnitus & Hearing Center of Arizona offers a personalized and comprehensive approach to support you.



www.tinnitusaz.com



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