

# 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



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



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



**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.

#### Lifestyle Changes to Reduce Stress



Deep Breathing Exercises



Proper Amount of Sleep



Routine Physical Exercise



#### 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.

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



[www.tinnitusaz.com](http://www.tinnitusaz.com)



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