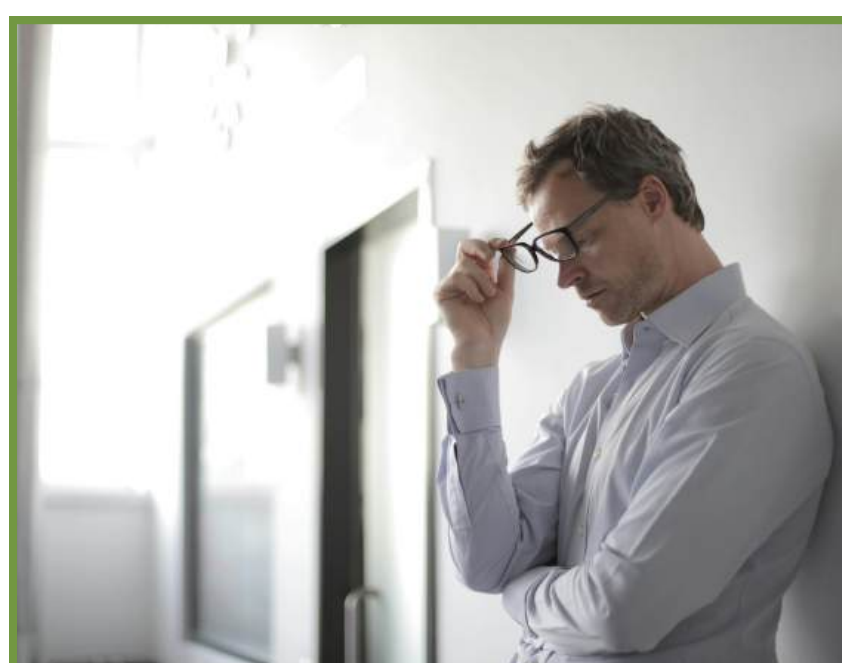


Mental Health Impacts of Tinnitus

1. Tinnitus Causes Stress (and Tinnitus)

When you experience stress, your body becomes alert, releasing stress hormones like cortisol and adrenaline. This can make your nervous system more sensitive to stimuli, including the ringing or buzzing of tinnitus. This is why you might find that your tinnitus becomes more noticeable and intrusive during particularly stressful periods.



2. Tinnitus Contributes to Anxiety and Panic

For some, tinnitus can trigger significant anxiety, especially when the ringing feels overwhelming or unpredictable. Tinnitus-related anxiety can sometimes escalate into panic attacks. When the ringing becomes too much to handle, your body may respond as if facing a real threat, causing your heart rate to increase, your breathing to become shallow, and a sense of fear to take over.

3. Tinnitus Can Lead to Depression

When tinnitus is persistent and unrelenting, it can profoundly impact one's mood. Many people with chronic tinnitus experience feelings of sadness, frustration, or even hopelessness. In severe cases, tinnitus can contribute to clinical depression, especially if it disrupts sleep or interferes with daily life.



4. Sleep Deprivation Makes Tinnitus Worse

One of the most significant challenges those with tinnitus face is difficulty sleeping. When you're lying in bed in a silent room, your tinnitus can feel more intense, making it harder to relax and fall asleep. The lack of rest can then worsen stress and anxiety, leading to an even greater perception of tinnitus the next day.