



Canadian Hard of Hearing Association Association des malentendants canadiens



Hearing Loss is stressful. Those who say it is not, are not being honest with themselves. Your constant monitoring of the environment to make up for communication clues you are not hearing or understanding takes a toll on you physically and mentally. We need to relax more. Sometimes this means taking the hearing aids off. Sometimes it means exercising more or getting involved in regular physical activity. Whatever it means for you, here are a few websites with ideas you can follow up and find the kind of relaxation that works best for your life style. If you want to include other websites or ideas, send us an email at hearingawareness@chha.ca.

Meditation

- [Tiny Tips & Points to Ponder](#), by Shanti Parker
- [Everyday noises can be irritating and distracting - or they can provide another vehicle for mindfulness](#), by Richard Mahler

Relaxation Training

- [Relaxation Training Procedures for reducing stress related to hearing loss](#), by Sam Trychin, Ph.D.

Gardening

- [Sound and Fury The landscape trade is uneasy as city councils attempt to deal with excessive noise issues](#), by Lorraine Johnson
- [What is Horticultural therapy?](#), by The Canadian Horticultural Therapy Association
- [Horticulture Therapy](#), by Jerry Fillipski
- [Garden Forever](#)

Managing Tinnitus

- [Tinnitus: Questions and Answers: What can help?](#)
- [How to manage Tinnitus](#)
- [Environmental sound enrichment](#), by Jonathan Hazell

Music

- [Music appreciation with a cochlear implant \(pdf\)](#)
- [Teaching Instrumental Music to Deaf and Hard of hearing Students](#), by Philip M. Hash

Active Living

- [Depression in Older Adults With Hearing Loss](#), by Tina Mullins, The American Speech-Language-Hearing Association

Young and Hard of Hearing

- <http://www.youth.hear-it.org/forside.dsp?forside=yes&area=501>: "Your hearing loss inevitably affects your daily life and the way that you interact with friends and family. But you need not necessarily let your life be dominated by the problems."

Travel

- [Travel Tips for Hearing Impaired People](#)
- [Travel Tips for Consumers with Hearing Loss](#), by Ruth Bernstein, League for the Hard of Hearing
- [Canadian Transportation Agency](#): "The Agency is responsible for ensuring that undue obstacles to the mobility of persons with disabilities are removed from federally regulated transportation services and facilities."

Dance

- [Dance Techniques for Deaf and Hard of Hearing Dancers](#), Gallaudet University
- [Dance Empowers](#)

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