




Coping with Hearing Loss: Taking care of our Mental Health

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**The true disability of
hearing loss is a
communication
disability**



Communication Disability

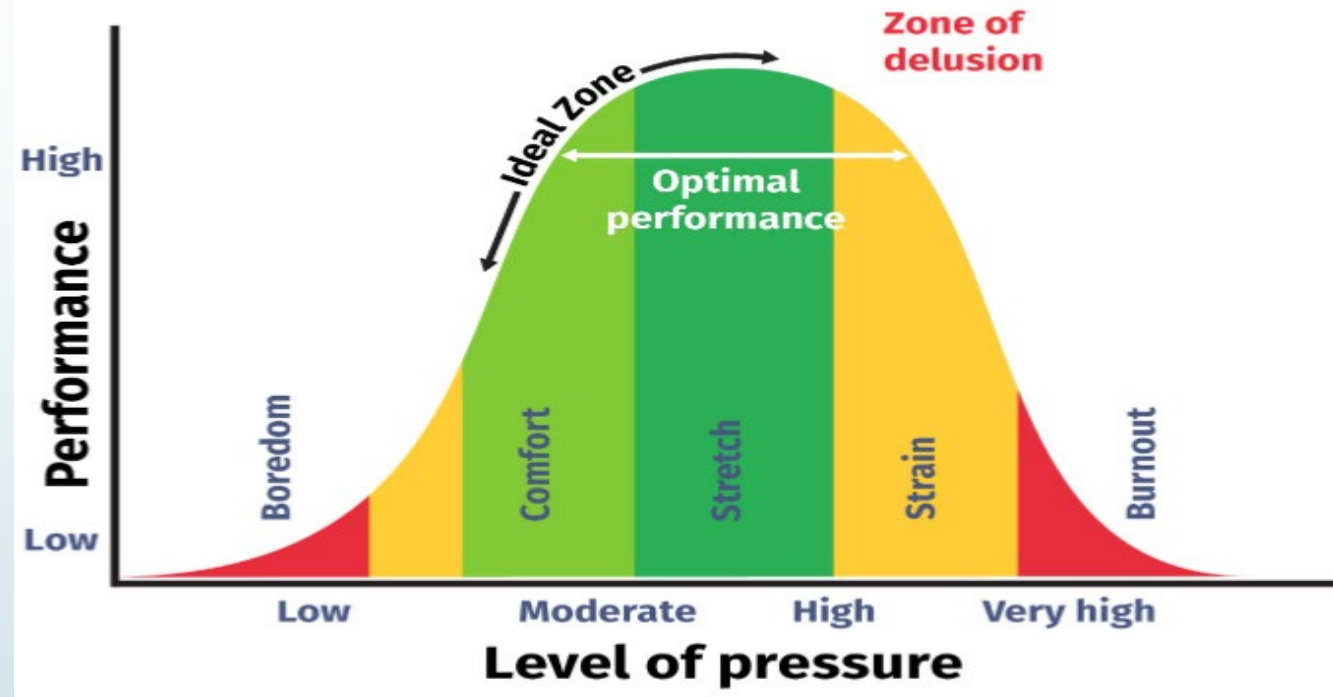
- **This lack of communication often leads to:**
 - **Anxiety**
 - **Constant Stress**
 - **Depression**
 - **Frustration**
 - **Social withdrawal and more**

Who me...? Stressed?

► Constant Stress

- Listening to music
- Participating in business meetings
- Family gatherings
- Telephone – (thank goodness for technology and texting!)
- Going to restaurants (pre-Covid!)
- Going to plays, movies and events
 - And it is all so exhausting!

STRESS IS HERE TO STAY....



- We cannot avoid stress BUT we can manage it better
- Sharpening our assertiveness skills
- Wearing our educator's hat for ourselves and others



Invisibility cloak?

Put on your Educator's hat!

- Three basic assumptions underlying my communication philosophy
- Firstly, most people know little, if anything about hearing loss
- Secondly, most people are embarrassed about asking me how to best communicate with me
- Thirdly, most people think they should know how to communicate but really don't!



More than one way to deal with stress

➤ The common Denominator is

AWARENESS AND CONTROL

➤ Recognizing what we can and cannot control

➤ More we take charge, the better we feel

➤ Three different ways of handling stress

➤ Direct and Active

➤ Indirect and Active

➤ Passive

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The Three A's

➡ **Alternative**

➡ **Avoid**

➡ **Accept**

Examples

- **Restaurants**
- **Movies**
- **Birthday/anniversary celebrations**
- **Professional meetings**
- **Family gatherings**
- **Being in a water environment i.e. pool**
- **Any others?**

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What are your sources of stress?

- **Get some paper and Write down what your most to least stressful environments are?**
- **Which of the three A's would you be most likely to use?**
- **Which approach would you use? Direct or indirect?**



BODY AND MIND

➤ EXERCISE!

➤ EXERCISE!

EXERCISE!

Important to include Exercise in any stress management plan!

Breathing is Good....

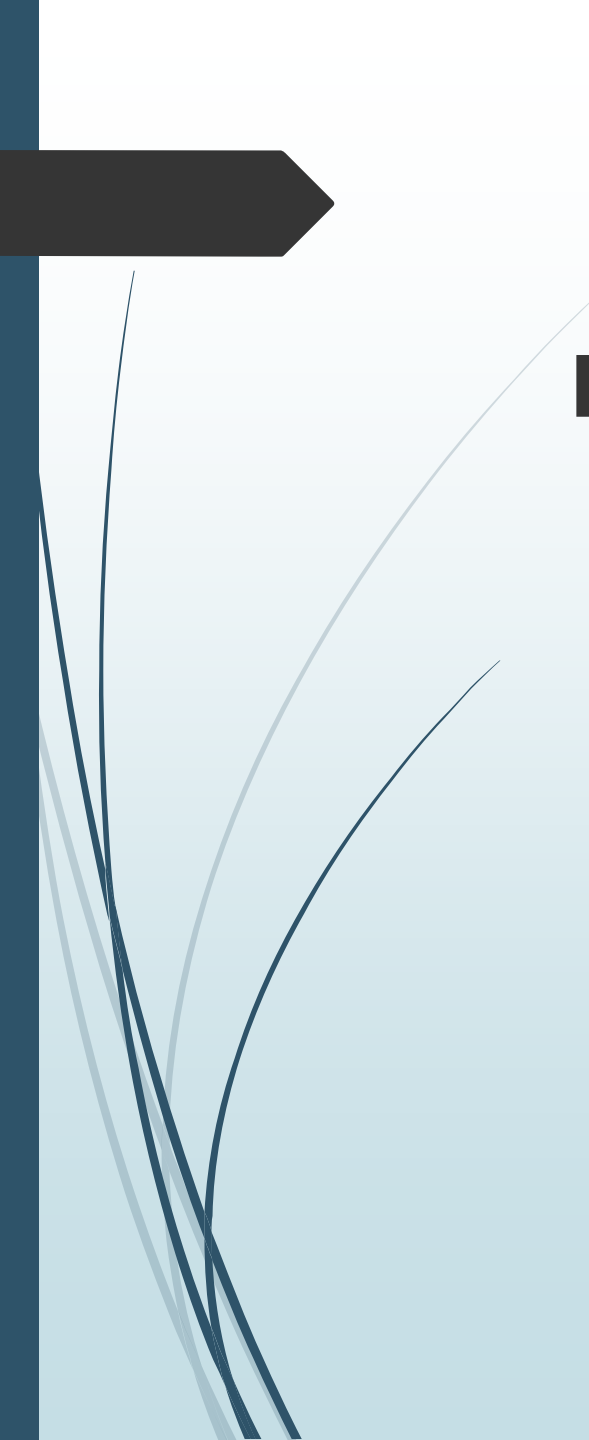
- ▶ <https://www.youtube.com/watch?v=aXItOY0sLRY>





IN SUMMARY.....

- Educator's hat
- Assertiveness
- Three A's
- Identify what you can control
- Indirect, Direct strategies
- Breathing
- Exercise

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➤ The journey of accepting one's hearing loss is a gradual and continual process.....



QUESTIONS?

COMMENTS?

THANK YOU!

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