

**PATIENT INFORMATION**

# Why Am I Scared Of Sounds



## Why am I scared of sounds?

All animals are scared of some sounds. It is the way that the animal protects itself from predators or dangers. Think about a rabbit



He is sitting in the field eating the grass and he hears an unexpected sound.



He becomes very alert and his ears prick up, he is looking around and listening hard. He is feeling a little scared and wondering whether he needs to run away to his burrow. Maybe the sound is a fox.



After he has listened carefully for a little while, he realises that the sound was the just the wind in the trees.



He smiles to himself and relaxes. He goes back to eating the grass. The next time he hears the sound he knows what it is, and he doesn't get scared again.

But what would happen to the rabbit if he hadn't decided that the noise was just the wind, and he had mistakenly decided that it was dangerous?



The poor rabbit would be scared every time he heard the wind. He would prick his ears up and be looking around him for danger every time the wind rustled the leaves. This would make him feel very sad and anxious.



Maybe, he would start to stay in his burrow rather than go to the field to eat because he was expecting the noise, and he was already scared before he went out.



What the little rabbit needs is for a friend to say 'but it's just the wind'. 'Hold my hand and come outside with me and you will see that it is safe. You will hear the noise but nothing bad is going to happen. We can play 'I spy' to take your mind off the noise'



'We can make the wind noise ourselves and say 'ooo', and we can make rustling noises with the leaves by throwing them in the air. Take some deep breathes if you start to feel upset and this will help you to keep calm. You will soon start to forget that you thought the noise was dangerous and you will stop being scared anymore.'





So, if there are a few sounds that you are scared of, such as motorbikes, hand dryers or vacuum cleaners, just like the rabbit, you need to learn that they are not dangerous.



Make the sounds yourself at home using your own voice, and ask others to join in to make it fun. Use your phone to find the sounds and listen to them whilst you are playing games or reading so that you can learn they are not really scary.



Play games and read books about the things that scare you. Maybe you could play with a vacuum cleaner, hairdryer or motorbike whilst making the noises.



When you go out you will hear the sounds but they cannot hurt you. Keep yourself busy by playing 'I spy' or telling mum a story. Learn some simple ways to relax by deep breathing so that you do not get too anxious, and you can ignore the sounds easier.



Keep practising and your brain will learn that the sounds are not dangerous, and you will stop feeling scared when you hear them.

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.