

FOR THE PEOPLE AROUND YOU

explaining it to others

You should not have to explain yourself, and this is not about apologising. Sometimes, though, a few clear words help the people around you understand and support you. Share this however suits you, in full or a line at a time.

what noise sensitivity is

Everyday sounds that others barely notice can feel overwhelming, painful or exhausting to me. It is real and common, and it is not me being difficult or fussy. The problem is the noise, not the person.

WHAT HELPS ME

**quieter spaces**

A calmer room, a lower volume, or a break from noise makes a real difference.

**ear protection is okay**

Please treat ear defenders or earplugs as normal, the way glasses are normal.

**a little warning**

A heads-up before something loud lets me prepare instead of being caught out.

**room to step away**

Letting me leave or pause without fuss helps me manage a hard moment.

WHAT DOES NOT HELP

**being told to cope**

Hearing that it is not that loud, or that I should just get used to it, does not help.

**patience helps most**

Believing me and staying patient is the kindest and most useful thing you can do.



ABOUT hushri

for anyone who finds the world too loud.

hushri is the human home for noise sensitivity and sensory difference — built from lived experience, in the belief that the problem is the world, not the people in it.

WHAT WE STAND FOR

Accessibility

Barriers removed, so support is easy to reach.

Honesty

We say what is true, clearly and without spin.

Respect

Every person met as they are, without judgement.

Friendliness

Warm, approachable, and never clinical.

Inclusivity

You are welcomed, represented, and made to belong.

Sincerity

We mean what we say, and we say it with care.

SCAN TO EXPLORE hushri



Read & explore

Guides, tools and support at
hushri.com



Watch & listen

Calming videos on
YouTube @hushri