

A LITTLE PLANNING HELPS

going out and appointments

A loud trip, appointment or journey can be easier with a little planning. Use this as a gentle checklist, not a set of rules. Take what helps you and leave the rest. You do not need to justify anything you find useful.

BEFORE YOU GO

**know the level**

Where you can, find out how busy or loud it may be, and pick a quieter time or day.

**go at a calm hour**

Early mornings and off-peak times are often quieter than the middle of the day.

**plan your exit**

Knowing where the exit or a quiet spot is makes staying feel less costly.

**tell someone**

If it helps, let a friend or the staff know you may need a quieter space or a short break.

WHAT TO TAKE

**ear protection**

Ear defenders or filtered earplugs lower the volume while you still hear what matters.

**something calming**

Headphones, a familiar sound, or a small object that settles you can steady a hard moment.

if it becomes too much

It is fine to leave, step outside, or take a break. Slow your breath, lower the input, and give yourself time. Our sensory overload recovery plan and the reset zone at hushri.com are there when you need them.



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