

A GENTLE STARTER WORKBOOK

# noise sensitivity workbook



# Your workbook

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# My sound environment

Use this page to map the sounds, places, and signals that matter most to you. There is no right answer here.

## Sounds I find most difficult

Tick any that feel familiar.

- ☐ Unexpected sounds
- ☐ High-pitched sounds
- ☐ Low-pitched sounds
- ☐ Background noise building up
- ☐ Repetitive or persistent sounds
- ☐ Overlapping voices

Others:

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## Places or times that are hardest for me

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### Today's external factors

Some days are harder than others for reasons outside the sounds themselves. Note anything that shifts your baseline on a given day, for example transit delays, weather, poor sleep, or seasonal change. Over time, patterns appear.

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Workbook · worksheet two

# My toolkit

These are the strategies from this guide. Tick the ones you would like to try. You do not need to try them all, or all at once.

Low capacity · in the moment

- ☐ Ear defenders or earplugs
- ☐ Leaving the room
- ☐ Covering my ears

Medium capacity · maintaining

- ☐ Brown or white noise
- ☐ Setting a boundary
- ☐ Moving to a quieter spot

High capacity · preventative

- ☐ Sound-absorbing materials
- ☐ A designated quiet space
- ☐ Knowing my threshold
- ☐ Planning an exit

The one I want to try first

Where or when I will use it

Workbook · worksheet three

# My plan

A simple plan you can return to. Complete as much or as little as feels useful. It can change as you learn what works for you.

How I notice I am becoming overwhelmed, early signs in my body or mind

A space where I feel settled and can recover

When I notice the early signs of overload, I will

One change I would like to make to my environment

A phrase I feel comfortable using when I need to

Someone I can talk to about my sensory needs



## 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