**How tinnitus can be caused by long-term stress**

Researchers have found that there is a direct link between stress and tinnitus. According to doctors, tinnitus is more than just hearing ringing in your ears. It also includes:

* dizziness or vertigo
* headaches and,
* earaches.

If unchecked over time, tinnitus can lead to long-term mental health problems. In certain cases, doctors have found that it can be caused by a reaction to certain medications or as a symptom of another underlying condition. Recently, a study from the Karolinska Institute in Sweden also proved that tinnitus is common amongst people who are under stress.

The study was carried out with 348 people divided into three groups depending on their stress categories. Thirty-one percent mentioned that they had tinnitus, while a third of the sample indicated they suffered from severe tinnitus.

In the study, subjects were placed in stressful situations and were tested for cortisol, a hormone that is activated during stressful situations and affects hearing. Afterwards, they were given a hearing test. The researchers discovered that the subjects were 2.5 times likely to get tinnitus and had a high count of cortisol.

According to Barbara Canlon, the lead researcher, this was the first time that long-term stress had been proven to have an effect on hearing. The research showed that there stress could cause tinnitus and vice-versa. In some cases, anti-depressants were prescribed to help combat stress. However, there is no direct way to combat tinnitus.

Although a link between tinnitus and stress has been proven, there are natural ways to overcome it. One is through using white noise machines, which produce relaxing sounds that help mask the ringing in your ears. Other methods include doing yoga and meditating, which helps reduce cortisol levels and calms the body. By actively pursuing ways to reduce stress, the sufferer has a higher chance of leading a healthy and happy life without aggravating the symptoms that cause tinnitus.