

Chewing, breathing, clicking – when does it end?

Loud holiday gatherings can trigger misophonia, a sensitivity to certain noises

SOT

Cassie Elliott, APRN

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“Misophonia is a significant irritation or annoyance from certain everyday sounds. It could be lip smacking, people who breath out of their mouth heavily, people who repetitively click their pen or people who chew loudly.” (:22)

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“This helps you work on your mind space and teaches ways to be more self-aware of your thought process. But it also helps behaviorally. You learn the triggers that make your body feel a certain way. Be aware your heart rate is increasing and that you’re irritable. Then you learn to build those coping skills and protective factors to not let something like misophonia affect the way we function at outings.” (:55)

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“Make sure you’re separating yourself [from the other partygoers] if that’s what you need to do. As a host, you can play background music or have a TV going for background noise. That can help muffle those other sounds that might be irritating.” (:19)