

Chewing, breathing, clicking – when does it end?

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

RUN TIME - :34

ANCHOR LEDE

Actress January Jones recently took to Instagram to talk about her struggles with misophonia (mee-soh-PHONE-ee-ah), or irritation to everyday noises like chewing or pen clicking.

Severe misophonia isn't common. But, it's still worth knowing about, especially with loud holiday gatherings coming up.

Tim Ditman of OSF HealthCare has more.

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Treatments for misophonia include meditation or seeing a therapist for cognitive behavioral therapy. That involves learning to be self-aware.

For those holiday parties, know your limits, says Cassie Elliott, a psychiatric nurse practitioner at OSF.

**\*\*\*SOT\*\*\***

**Cassie Elliott, APRN**

**OSF HealthCare psychiatric nurse practitioner**

**"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)**

I'm Tim Ditman.

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Misophonia could lead to increased blood pressure, heart rate and anxiety, which could turn serious.