

Treating Ménière's Disease: Reducing Your Stress



Certain changes may help you manage Ménière's disease. Some of these changes are minor. Others require more effort and dedication, such as lowering your level of stress.

Reduce your stress

Stress doesn't cause Ménière's disease, but it may cause symptoms or make them worse. Ask your healthcare provider how to deal with stress. These tips can help you get started:

- Pay attention to what makes you feel tense. Note how your body responds to tension. "Listen" to your body for signs such as stomach upset, tensed muscles, clenched teeth, or other symptoms.
- Talk with your healthcare provider about starting a regular exercise program. Exercise is a great way to reduce stress. Include an aerobic activity such as walking, jogging, bicycling, or swimming in your exercise program. Also include exercises to strengthen muscles. You may also need to make some changes to your diet.
- Take time out from your daily errands and chores to do things you enjoy and find relaxing. Don't look at relaxation time as wasted time. Instead, think of it as an investment in your health.
- Ask your healthcare provider about visualization techniques, deep-breathing exercises, progressive muscle relaxation, stretching, yoga, prayer, meditation, and biofeedback. These are all ways to help reduce stress.



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