

# Bronwen Hofmeister (Audiologist)

BA (HONS). MCLINAUD., MAUDSA

HEARING REHABILITATION

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## CHEARS To Ears!!!

Bronwen Hofmeister's (B.A.(Hons), MClinaud, CCP) Mission Statement is 'Chears to Ears' – This incorporates :

C Communication

H Hearing

E Education / Empowering

A Advocacy

R Relationships

S Strategies

## MINDFULNESS

Mindfulness is about paying attention to the present moment with awareness and without emotional reactivity.

Mindfulness helps you focus on the present and helps people with hearing loss speechread.

You can practice mindfulness with:

–Breathing: sit in a comfortable, upright position & focus all of your attention on the sensation of breathing.

–Walking: go for a walk (notice your feet on the ground, the wind caressing your skin, sounds in the air).

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-Body scan: start by focusing your attention on your toes, move to the soles of your feet & your heels, then legs, etc., keep moving the focus up the body).

-Open monitoring: sit in a comfortable, upright position, be aware of any sensations, thoughts or emotions that emerge. You can label what comes up by using words like “planning”, “worrying”, “judging”, “remembering.” You can do this silently or out loud. After you name it, let it go.