

HEARING BRINGS OUR WORLD TO LIFE

THE UNEXPECTED BENEFITS OF HEALTHY HEARING



01

Good hearing maintains social relationships:

Proper hearing reduces isolation and helps us stay active and social. It reduces negative emotions, such as frustration and depression, that can arise when communication is impaired.

Hearing increases productivity:

Good communication boosts self-confidence and engagement with surroundings, whilst simultaneously preventing cognitive decline. Healthy hearing helps us avoid embarrassing mistakes and circumstances that can arise from mishearing or not hearing at all.

02



03

Taking care of our mental health:

Healthy hearing allows for deeper engagement, which can result in an uplifted mood that helps promote good mental health.

Maintaining balance:

Our ears are an essential part of our balance system. Our inner ear is connected to three semi-circular canals that assist with spatial awareness for when we are standing, moving or lying down.

04



05

Emotional happiness:

Everyday sounds such as bird song and music affects us psychologically, uplifts our mood and make us feel relaxed and reassured. The ability to hear everyday sounds affect our emotional state quite deeply.

Spatial placement:

Being able to hear contributes to our brain's interpretation of where we are situated within a space. Healthy hearing helps us to correctly identify the origin of sound sources.

06



07

Safety:

Hearing often helps us identify danger before a harmful situation occurs.

hearX