Have a break.
Like a study
break, having
regular rests
allows your ears
to recover/rest

Use hearing protection, now.
Over the ear or in the ear.
Personal preference

Hearing protection use now, will help reduce NIHL



Practice these behaviours till they become habit

Have quieter
days after
you've
performed or
attended a
concert or gig

Create distance between you and the noise source

Hearing Collective

Personalise your hearing || www.hearingcollective.com