

My name is Hayley, I'm *almost* 36 and live in beautiful Tasmania with my husband and rescue doggo. If asked, I would describe myself as nostalgic, sentimental, love-focused, and caring with a strong sense of justice.

My husband would describe me as...Fervent, reliable and committed.

In my adult life, I've been diagnosed with a bowel disorder, ADHD, generalised anxiety, and severe misophonia. I'm also currently exploring a possible ASD diagnosis. My brain? Let's just say it's spicy—a colourful mix of chaos, love and boundless curiosity.

My passion? Misophonia awareness, education, and advocacy. It has such a profoundly detrimental impact on so many aspects of my life (and others), but remains both widely misunderstood and largely unknown.

My earliest memories of absolutely hating certain sounds—and even movements (yes, misokinesia)—begin around the age of 7. It wasn't until my late 20s that a chance comment unlocked a whole new world for me: “You have misophonia!” Those simple words named this thing that had silently shaped my life for decades. Since that day, I have delved into learning everything about misophonia—what it is, what triggers it, and how it affects both my life and those around me. Even now, my list of triggers keeps growing, challenging me every day, yet fuelling my determination to understand and advocate for change.

My journey with ADHD has been equally transformative. Receiving my diagnosis as an adult felt like finally finding the missing pieces of a long-unsolved puzzle. I learned that the parts of me once labelled “spicy” and “vanilla” aren't in conflict but are simply different facets of who I am. Growing up, I often mimicked others to fit in or hid pieces of myself to conform to expectations. Now, I recognise that my unique way of thinking—bolstered by ADHD—gives me an inner fire and creativity that can change the world, even when it sometimes feels overwhelming.

I've always been guided by love—love for my husband, of course my doggo, my family, friends, and the close connections who have made me feel wholly seen and unconditionally accepted.

Professionally, my journey has led me to nursing, a field where I'm privileged to support health promotion and education in schools. In my role as a school nurse, I am incredibly fortunate to have the opportunity to incorporate discussions about ADHD and misophonia for young people, educators, and families.

Outside of work, I share my experiences on my blog and social media under the “spicy brain” banner. My website [www.livingspicy.squarespace.com](http://www.livingspicy.squarespace.com) is an ever growing resource hub featuring free tools like trigger trackers, info sheets, and communication templates—all designed to help others understand and manage misophonia.

In every challenge and celebration, I've come to appreciate the beauty of being different. My journey is one of continuous learning and self-discovery, and I believe that every unique brain holds its own kind of magic. I look forward to exploring how sharing my story might inspire and empower others, and I'd be honoured to discuss any opportunities for collaboration or partnership with you.

So, here I am — spicy, nostalgic, a tad anxious, wine in hand, navigating the noise that comes with misophonia, letting my heart lead the way through all of life's twists and turns.