

# What Is Tension and Stress?

A strain on your body, causing it to feel tight, stretched and uncomfortable.

Tension & stress happens to everyone at one time or another. People with tics may notice their tension & stress more, though, because tension & stress 'fuels' tics.

Stress can be caused by many things. Some are nice. Some are not.



Upcoming birthday  
Feeling excited  
Being in a crowd of friends  
Grandma is visiting



Upcoming exams  
Feeling sick  
Being hot or hungry  
Losing your pet

Having 'leaky brakes' can be a major source of tension and stress and can really 'fill your beaker', which then make those leaky brakes even more leaky!

- worrying about being made fun of
- being afraid your symptoms will get you into trouble
- suppression
- symptoms that hurt
- symptoms that waste time or sabotage our day

Not all things that cause tension and stress can be prevented.

We can, however, do things to make the tension and stress go away.

Learning to relax helps us to decrease those leaky brakes!