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Tourette
THE PATH FOR INCLUSION
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10 TIPS

FACING STRESS FOR YOUNG PEOPLE WITH TOURETTE'S SYNDROME

redREE
making projects
AMPASTTA
Asociación Madrileña de Afectados con el Síndrome de Tourette y Trastornos Asociados
smallcodes
APST
Associação Portuguesa de Síndrome de Tourette
TOURETTE
Gesellschaft Deutschland e.V.

01

BREATHE

Breathing exercises can relax you and help calm your body and soul. For example: take a slow, long breath (try to breathe "into your belly"). Inhale for a few seconds, then hold your breath for a few seconds, then exhale even more slowly.

02

MOVE

Frequent physical activity is important for stress reduction. For example, taking walks, cycling, yoga, or any sport. Even while you're at work: take regular breaks, go for a short walk, or do exercises such as stretching your arms, legs, feet, or neck (you can even do this while sitting). Also, find opportunities to get up from your chair and walk around the office a bit.

03

SLEEP

Getting enough sleep is important for regenerating your mind and body. It will also help if you don't do anything too exciting until late at night. Do relaxing things in the evening (reading in bed, drinking a glass of warm milk (with chocolate and/or honey). By the way: it's scientifically proven that staring at a screen (even a cell phone) for a period of time doesn't calm you down, but rather leaves the body in a somewhat agitated state. If you have serious sleep problems, see a doctor; they may be able to help you overcome them.

04

MAKE TIME FOR YOURSELF

Don't forget to take time for yourself. Practice your favorite hobbies. Relax with specific exercises such as progressive muscle relaxation. You can learn more about this method online or in reference books, and there are also courses and apps.

05

EAT WELL

A balanced diet is important for everyone and supports overall health and well-being, so try to eat healthy. Learn about the "food pyramid" (lots of fruits and vegetables and whole grain products, eggs, fish, dairy, not too much meat, and even less sugar).

06

CULTIVATE SOCIAL CONTACTS

Talking with family and friends is not only enjoyable, but it can also provide emotional support when you're experiencing problems or stress. Doing activities with family and friends is fun and relaxing.

07

WRITE A DIARY

Not only talking with friends or family, but also writing about your problems in a journal can help you process them. Write about the positive things in your life, too!

08

“DIGITAL DETOX”

Take regular breaks from social media to avoid overload. Being away from people for a while can be liberating, and it also frees you from the feeling of constantly having to check for new things. It frees you from your addiction. 😉

09

SET PRIORITIES

Separate the important things from the less important ones. Make two to-do lists: one with the essential things that absolutely need to be done right away, and another with the less urgent things. Focus only on the first list. This way, the tasks won't be as numerous, and you can save your time. You'll see that after a while, some of the tasks on the second list (the less important things) will have been completed and will no longer be relevant.

Also, set realistic deadlines and goals to reduce pressure.

10

YOU ARE

Watch funny movies or TV shows, or go to comedy shows, etc. Laughter is a well-known method of combating stress.

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