

# What Is Tension and Stress?

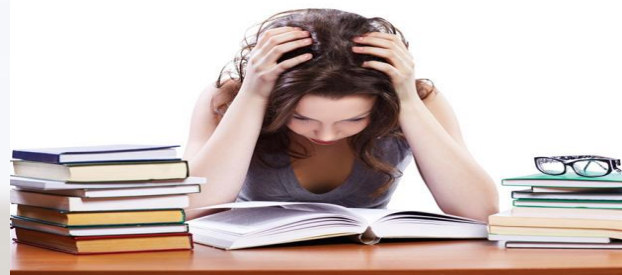
A strain on your body, causing it to feel **tight, stretched and uncomfortable.**

Tension & stress happens to everyone at one time or another.  
**People with tics feel tension & stress more because tension & stress 'fuels' OCD.**

**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!**