
A PLACE FOR MY HEAD

Tourette Syndrome (TS)

Thanks to Dan for helping with this one

Tourettes Syndrome, AKA TS/Tourette's is a neurological condition where people may experience involuntary tics, sounds and movements. It is a condition that affects people differently. Tics can be aggressive and cause people to feel low with urges to self-harm. The condition can be complex and it may be common for people with a diagnosis of TS to experience increased levels of anxiety and low self-esteem. Stress, excitement and nerves can make these issues worse. A common misconception is that all people diagnosed with TS use profanity in their tics. Some examples of tics are aggressive blinking, hair flicking and sniffing uncontrollably.

WHAT HELPS?

Relaxation Techniques - ways to relax can help to dilute tics so that they are less noticeable.

Self-Talk - Self talk can help to take control of your internal narrative.

Medication - Only prescribed medication from your GP.

Educating yourself - Open your mind to the diversity of the condition and help yourself to educate others. For young people, speak to your tutors, student support groups and your SENCo (Special Educational Needs Care-Coordinator), so that the teachers and other staff will be able to familiarise themselves with the condition so they can help you in ways that are comfortable to you.

Finding your sound - Playlists from acoustic to heavy metal can help to feel the most comfortable. This can be cathartic.

METAL/ROCK SONGS ABOUT TOURETTES

Nirvana - Tourette

Manic Street Preachers - Symphony of Tourette

Tourettes - Don't blame me

Motionless in White - Headache

Three Days Grace - Animal I have Become
Villain of a Story - Losing Control

RESOURCES FOR TOURETTES

HMT playlists – <https://heavymetaltherapy.co.uk/playlists/> see this link for our playlists created by HMT community members.

Self-Help - If you're in the UK you can access the following websites for support
<https://www.tourettes-action.org.uk/>, <https://www.nhs.uk/conditions/tourettes-syndrome/>
<https://tic-yorkshire.co.uk/>

Blogs - To read about Dan's experience of TS and to visit a platform for young people to speak out about their conditions similar to Dan's, visit his website

<https://www.danielinthelionsden.com/post/how-do-you-voluntarily-stop-the-involuntary.>

Professional Support - If you are in the UK and need further advice around tourettes, you can seek a referral via your GP.

Band Stories - For stories from the band The Five Hundred and experiences coping with TS, see the HMT website <https://heavymetaltherapy.co.uk/your-own-stuff/>. <https://www.youtube.com/watch?v=6bq939eIKyk> - here is a video of Paul Doughty speaking about his experiences of TS, how it affected his life and how playing the guitar helped him.

FOR MORE INFORMATION, PLEASE VISIT:

WWW.HEAVYMETALTHERAPY.CO.UK