



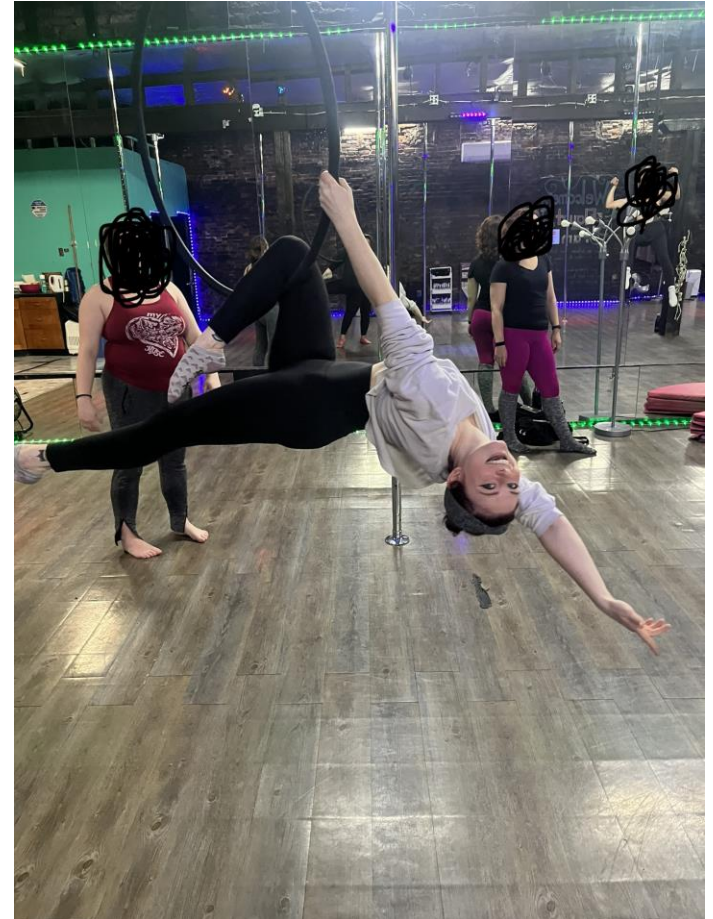
Coping with Tic-Related Pain

Presented By:

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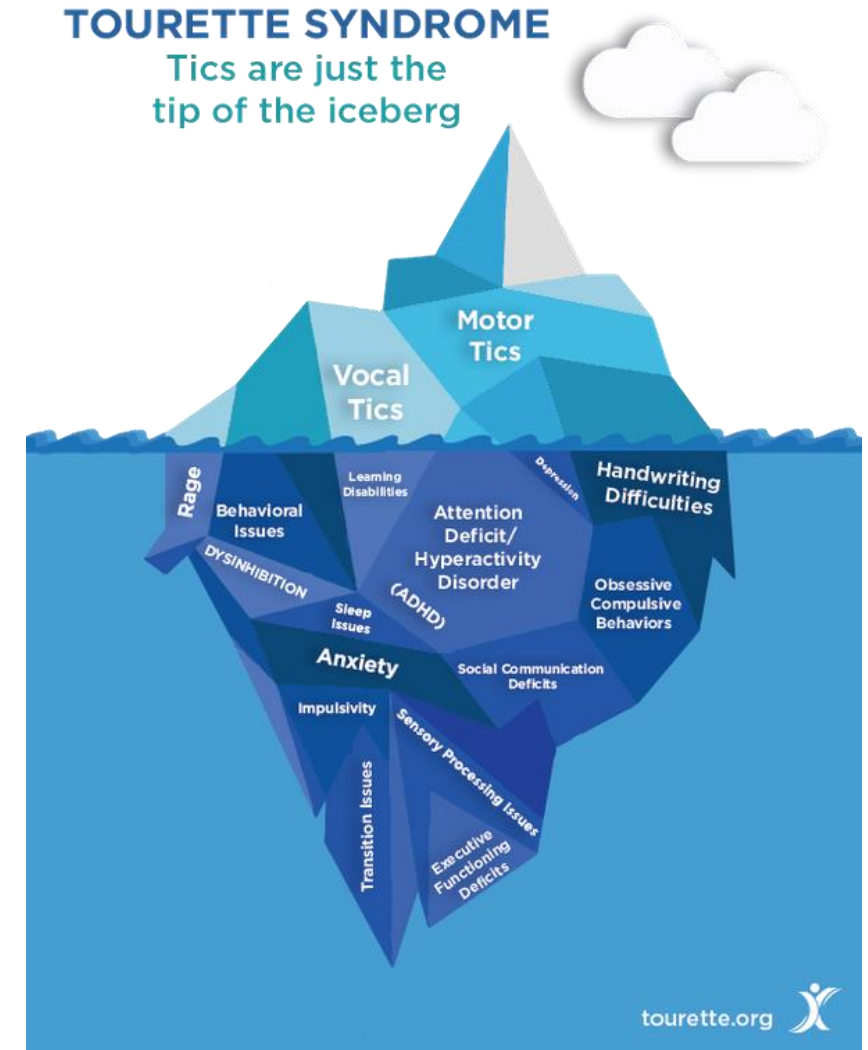
Who am I?

- Mississippi > Alabama > Pennsylvania
- Psychology postdoctoral fellow at Children's Hospital of Philadelphia (CHOP) Center for Autism Research
- Diagnosed with Tourette syndrome at 9 years old
 - Past and current tic-related pain



Tics & Pain

- Up to 72% of kids with Tourette syndrome have tic-related pain
 - Repetitive, forceful movements
 - Injuries from tics
 - Suppressing (holding back) tics
 - Premonitory urges
- Can interfere with mood, sleep, relationships, school, etc.
- Tic-pain cycle



Polls!



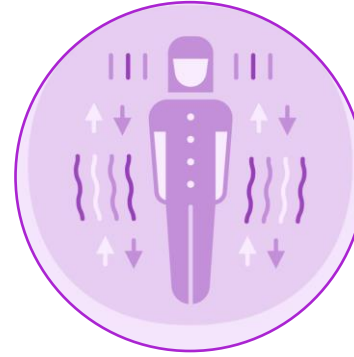
Creating a Pain Coping Toolbox



Deep Belly Breathing



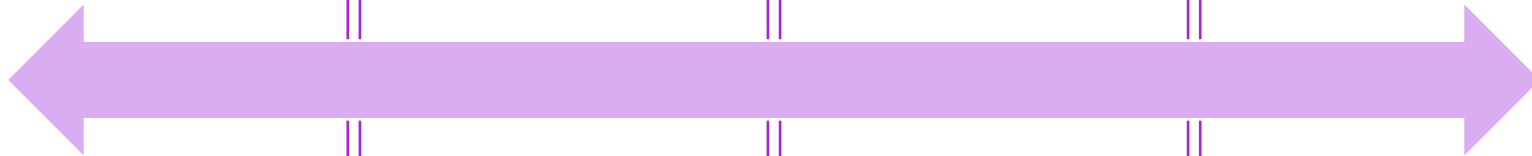
Grounding
(Using your 5
Senses)



Progressive
Muscle
Relaxation

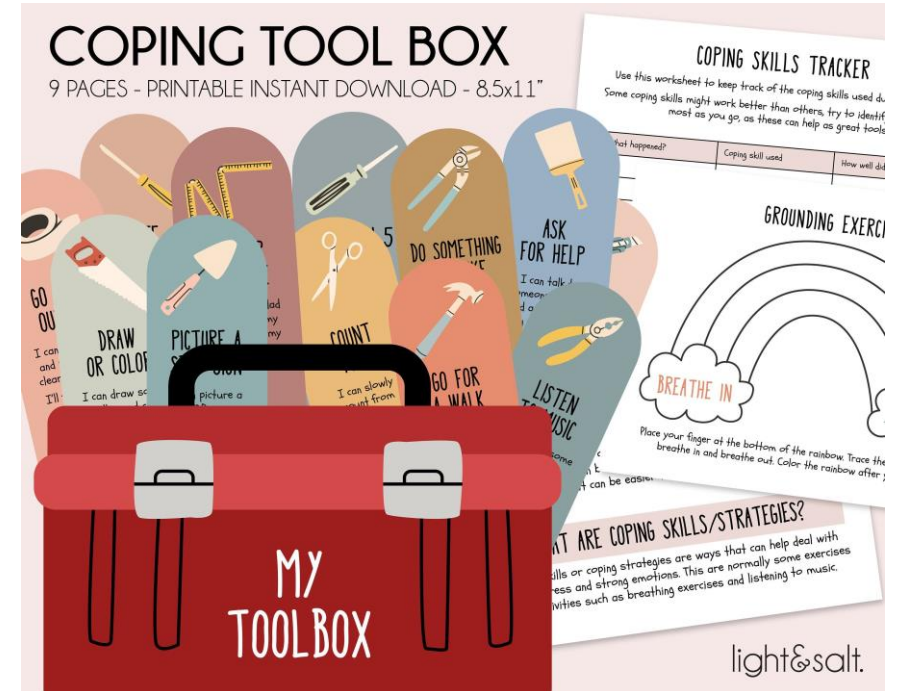


Physical Activity



Creating a Pain Coping Toolbox

- Examples:
 - Scripts for breathing, grounding, or progressive muscle relaxation exercises
 - Favorite toys, games, or books
 - Things that soothe the 5 senses:
 - Smell: Perfume/rollerballs, candles, essential oils
 - Touch: Soft blanket, comfy clothes/socks
 - Taste: Candy/gum, tea/coffee
 - Sight: Pictures of family/friends, things in nature, art
 - Sound: Favorite music/podcast, nature sounds, white noise



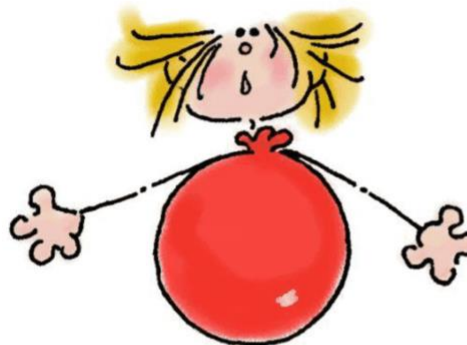
Practice!

@journey-to-wellness_

HOT CHOCOLATE BREATH



1. HOLD YOUR HANDS OUT IN FRONT OF YOU, AS IF YOU WERE HOLDING A MUG OF HOT CHOCOLATE.
 2. BREATHE IN SLOWLY, IMAGINING YOU ARE INHALING THAT WARM COCO SMELL, THROUGH YOUR NOSE.
 3. GENTLY EXHALE THROUGH YOUR MOUTH, LIKE YOU WERE TRYING TO COOL DOWN THE HOT CHOCOLATE BEFORE YOU TAKE A SIP.
- ☺ REPEAT - NOTICE AS YOU FEEL MORE CALM. YOU MAY EVEN NOTICE YOUR HANDS FEELING WARM.



Breathe in



Breathe out

- Place your hands on your belly and breathe in - Blow up your belly like a balloon! Now blow out and let it slowly deflate.
- Breathe in through your nose to smell your hot chocolate. Now slowly blow out of your mouth to cool it off!

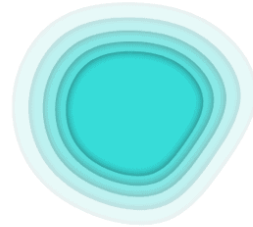
Practice!

COLOUR BREATHING

Color breathing, a form of meditation, is a good way to reduce stress.

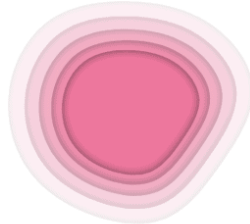
1

Imagine a color. Any color.
Yellow, green, red, purple, blue,
pink, black, white, orange



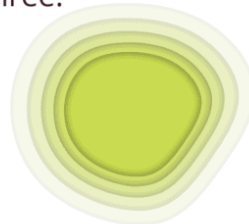
2

On your inhale, imagine this
color entering your lungs and
your body. The color is filling you
up. Breathe this color in deeply
for a count of three.



3

As you breathe out, imagine the
color leaving your body. Blow it
all the way out for a count of
four. Pause and then do it again.



- Choose a relaxing color and a color you don't like
- Imagine the relaxing color filling your lungs and washing over your body with a sense of calm
- Breathe out the color you don't like – Make sure your exhales are longer than your inhales!

Practice!

Progressive Muscle Relaxation for Kids

Squeeze and release tension in the body to feel the difference between being tense/firm and relaxed/soft

Firm

Uncooked Noodles



Vs.

Soft

Cooked Noodles



- Tense each muscle group and relax!
 - Be sure to use your deep belly breathing – breathe in when you tense up, breathe out when you relax

1

Starting at the feet, inhale and squeeze the muscles in your feet (like an uncooked firm noodle), then exhale as you let go and relax your feet (like a soft, cooked noodle)

2

Next, inhale and squeeze the muscles in your legs for 5 counts, then exhale and relax, letting the legs feel heavy and soft. Notice the difference between tight muscles and soft muscles in your body.

3

Continue this as you work your way up the body squeezing and relaxing your belly, hands, shoulders, face, and jaw.

Can you think of a time when you might want to feel soft versus tight?

Keep up the Good Work!

- Remembering to use your pain coping toolbox is hard when you're hurting – Here are some tips!
 - Practice these skills every day, even when you're not hurting
 - Some skills might not always work, and that's okay; this is why we keep lots of skills in our toolbox!
 - Parents – Encourage your child/teen to use coping skills when they seem uncomfortable or in pain

Resources

- <https://copingskillsforkids.com/>
- <https://www.youtube.com/@TheMindfulnessTeacher>
- *Anxiety Relief for Teens* by Regine Galanti, Ph.D.
- “Tips for Parenting a Child with Chronic Pain” by Rachael Coakley, Ph.D. on Psychology Today
- Apps:
 - Breathe+
 - Rootd
 - Smiling Mind
 - Headspace

References

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- Taylor, E., Anderson, S., & Davies, E. B. (2022). "I'm in pain and I want help": An online survey investigating the experiences of tic-related pain and use of pain management techniques in people with tics and tic disorders. *Frontiers in Psychiatry, 1730*.

Questions?

