

## Write off your problems

As I was preparing this edition of TOPICS I am reminded a short article I recently read in The Anxiety Recovery Centre (I am alright- just doing research for TOPICS!). The title was: 'Expressing your experiences: Write away'. It encouraged people to write about their experiences as an effective coping strategy. 'Writing has been linked to physical and mental well being and reduced stress' (Abbott, 2007, p20). It has been useful for many of our young and older members.

A mother (Rachel) reports that two of her daughters, Bethany and Eliza Martino were going through a low patch, feeling angry

and frustrated with their tics. They wrote a book about tics that they took to school and shared with their friends and teacher. Rachel says that the book really seemed to cheer them up. I have read this fabulous book and I can see why she is so proud of them.

Here's a short snippet from chapter 1:

'Not another new one, it's not fair, this sucks rotten eggs! Meg complained to herself. She was talking about her new tic. This new one hurt more than others. It wasn't like blinking your eyes all the time, it wasn't like twirling your ankles around or scrunching up your nose. It wasn't like making unusual sounds and it

wasn't like the million other tics that have been annoying her for the last few years. This one really did suck rotten eggs. She called it the 'wobbled-headed tic... her head felt like it was going to fall off'

They have offered to send a copy to any children struggling with accepting their TS or if they feel alone with it. I am sure you are interested now that you have read this section.

Can I encourage you to have a go and please remember that we can provide an understanding audience through TOPICS for your writing.

*Jeni Wilson*

