



## 7 Ways to Relieve Stress and Anxiety: How to Control Lip Biting, Squinting and Motor Tics

*Elizabeth M Bonomo*

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A long time ago when I was a little girl I had a habit of licking and biting my lips. This habit continued through my life and eventually morphed into many different tics and facial contortions causing social anxiety to the point of not wanting to leave my home. After consulting a doctor, who told me that I have a mild form of Tourette Syndrome, I proceeded to research ways to help myself with this uncomfortable and embarrassing neurological disorder. The outcome was a number of facial injections through the year and a daily routine of relaxation practices, breathing, diet, vitamins and exercise. These practices will help people with tics such as nail biting, lip biting, squinting, facial contortions and even some vocal tics such as throat clearing and verbal sounds. Because I have been through this first hand I can truly say that I am living a much happier and healthier life with stress and anxiety under control and a feeling of peace and wellbeing.

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