

OCD CARE TIPS

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ESTABLISH A ROUTINE



Try to maintain a consistent daily schedule. Routines can help reduce anxiety by providing predictability.

Engage in mindfulness meditation or exercises to help stay in the moment and reduce obsessive thoughts.



MINDFULNESS PRACTICE

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LIMIT EXPOSURE TO TRIGGERS



Identify and try to limit exposure to situations or items that trigger your OCD symptoms.

Keep a journal to document your thoughts, triggers, and progress. This can help you understand patterns and effectiveness of coping strategies.



JOURNALING

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EXPOSURE AND RESPONSE PREVENTION (ERP)



Gradually expose yourself to the source of your OCD and refrain from performing your compulsive acts. Start with less challenging triggers and work your way up.

Regular physical activity can help manage symptoms by reducing stress and improving mood.



STAY ACTIVE

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HEALTHY EATING



Maintain a balanced diet as poor nutrition can contribute to heightened anxiety or stress.

Ensure you get adequate sleep. Poor sleep can exacerbate symptoms of OCD.



SLEEP HYGIENE

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LIMIT ALCOHOL AND CAFFEINE



These substances can increase anxiety and interfere with sleep patterns.

Break larger tasks or challenges into smaller, manageable goals to prevent overwhelm.



SET SMALL GOALS

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OCD CARE TIPS

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RELAXATION TECHNIQUES



Practice relaxation techniques such as deep breathing, progressive muscle relaxation, or yoga.

Use positive affirmations to counter negative, compulsive thoughts.



POSITIVE AFFIRMATIONS

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CONNECT WITH OTHERS



Share your experiences with supportive friends, family, or online communities dedicated to OCD.

Engage in activities that keep your mind occupied, like puzzles, reading, or art.



MINDFUL DISTRACTIONS

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ACKNOWLEDGE SUCCESSES



Recognize and celebrate your victories, no matter how small, over OCD.

Learn to say no to situations that cause excessive stress or strain.



ESTABLISH BOUNDARIES

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COGNITIVE RESTRUCTURING



Challenge and reframe irrational thoughts through cognitive-behavioral techniques.

Allocate a specific time in the day for worrying. Limit your worrying to that time only.



SCHEDULE WORRY TIME

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VISUAL AND AUDITORY AIDS



Use calming images or sounds to distract from obsessive thoughts.

If DIY methods are not enough, consider seeking help from a mental health professional specialized in treating OCD.



SEEK PROFESSIONAL HELP

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