

# OCD



## OCD Symptoms include:

People with OCD may have symptoms of obsessions, compulsions or both.



Obsessions are repeated thoughts, urges, or Mental images that can cause Anxiety. Some common symptoms include:

- Worries about yourself or other people getting hurt
- Constant awareness of blinking, breathing, or other body sensations
- Suspicion that a partner is unfaithful with no reason to believe it
- Worries about germs and dirt touching your body



Compulsions are repetitive behaviours that a person with OCD feels the urge to do in response to an obsessive thought. Common compulsions include:

- Excessive cleaning and/or handwashing
- Ordering and arranging things in a particular way
- Repeatedly checking on things, such as repeatedly checking to see if the door is locked or that the oven is off
- Compulsive counting



Not all rituals or habits are compulsions. Everyone double checks things sometimes. But a person with OCD generally:

- Can't control his or her thoughts or behaviors, even when those thoughts or behaviours are recognised as excessive
- Spends at least 1 hour a day on these thoughts or behaviours
- Doesn't get pleasure when performing the behaviors or rituals, but may feel brief relief from the Anxiety the thoughts cause
- Experiences significant problems in their daily life due to these thoughts or behaviours

## What is OCD:

Obsessive Compulsive Disorder (OCD) is a Mental Health Disorder that occurs when a person gets caught in a cycle of obsessions and/or compulsions. These symptoms can interfere with all aspects of life, such as work, school, and personal relationships.

## Self-help Strategies:

Learn about OCD – understanding that OCD is a type of Anxiety Disorder is a great first step to understanding how to overcome it.



Learn about OCD – understanding that OCD is a type of Anxiety Disorder, is a great first step to understanding how to manage it.



Identify triggers – record a list of the triggers you experience each day and the obsessions they provoke. Rate the intensity of the fear or Anxiety you experienced in each situation, and then the compulsions or mental strategies you used to ease your Anxiety.



Practice relaxation techniques – deep breathing, progressive muscle relaxation, and meditation all help you relax.



Exercising - walking, going for a run or doing different forms of exercise is proven to improve mood.

## OCD treatments include:



- Psychotherapy
- Medication
- Join a Support Group (Online or Face-to-Face)