

During the Covid-19 Pandemic

HOW TO MANAGE YOUR OBSESSIVE-COMPULSIVE DISORDER (OCD) AT HOME



WHAT IS OBSESSIVE-COMPULSIVE DISORDER (OCD)?

OCD is a disorder with a neurobiological basis that affects about 2.3% of the U.S. population.

SYMPTOMS INCLUDE OBSESSIONS

Obsessions are recurrent intrusive thoughts or images that cause anxiety. Some try to ignore or suppress the unwanted thoughts and images with another thought or action (compulsions).

SYMPTOMS INCLUDE COMPULSIONS

Compulsions are repetitive behaviors (e.g. checking, hand washing, cleaning) or mental acts (e.g. praying, counting, etc.) that people feel they have to do.

OBSESSIONS & COMPULSIONS

Obsessions and compulsions are typically time consuming, cause distress, and/or significantly interfere in a person's daily life.

TIPS TO MANAGE YOUR OCD

MONITOR YOUR TRIGGERS



- Identify your triggers and write them down.
- Record the obsessions they provoke.
- Rate the intensity of the anxiety you feel in response.

Keeping track of your triggers can help you anticipate your urges to engage in compulsive behaviors.

CREATE A FEAR LADDER

- Create a hierarchy of situations that cause you anxiety.
- Gradually expose yourself to those situations.
- Start confronting your least anxiety-provoking situations.
- Work your way up to the most anxiety provoking.

USE RELAXATION DURING GRADUAL EXPOSURES



- Use diaphragmatic breathing.
- Try 20-30 minutes of cardiovascular exercise.
- Create a list of pleasurable activities that you can use to distract yourself.
- Begin practicing mindfulness meditation.

SEEK PROFESSIONAL HELP



- Schedule an appointment with a therapist to begin challenging your obsessions and compulsions.
- Schedule a consultation with a psychiatrist to see if medication can also be helpful.

The Wellness Center is offering teletherapy (for students in IL) and care management appointments. Visit luc.edu/wellness to schedule.