



10 Tips

Knowledge is Power

These tips are designed to help you find hope, understand, learn about and deal with mental health issues everyday.

Obsessive Compulsive Disorder (OCD)

- 1. Learn about OCD.** Ask your provider for information on OCD and be sure to learn about the treatment approaches and success stories of others with OCD. See the following websites to start your learning process:
MAYO: <http://www.mayoclinic.com/health/obsessive-compulsive-disorder/DS00189/DSECTION=symptoms>
NIMH: <http://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml>
- 2. Stick to your treatment plan,** even if it is sometimes uncomfortable or challenging. Staying committed to your treatment is important for success.
- 3. Use the skills** you have learned in therapy and actively work toward eliminating your obsessions and compulsive behaviors. This is a challenge that requires commitment and daily practice.
- 4. Avoid using alcohol and/or drugs** as coping mechanisms. Their use will only worsen your OCD symptoms and interfere with any medications you take for your disorder.
- 5. Take medications as agreed.** Medications will not cure OCD, but they may help you manage the symptoms while you receive psychotherapy. Talk to your health care professionals about side effects, whether the medication is helpful and other concerns you have about your medications.
- 6. Create support through family, friends, and peer support groups.** It's important to have a network of family and friends you can turn to for help and support. Family and friends can help you to practice your new skills. Sharing your problems and successes with others in a self-help or support group may also be helpful.
- 7. Be hopeful.** Set personal goals. You can learn to manage your anxiety symptoms and have a full and productive life.
- 8. Get involved in social activities,** rather than isolating yourself. Sometimes it may feel that your OCD symptoms consume your life to the point of leaving you little time for contact with others. Involving others in your treatment can help guard against setbacks and keep you motivated on the path to recovery.
- 9. Meditation, yoga, deep breathing,** and other stress relief techniques may help reduce the symptoms of anxiety brought on by OCD. A form of meditation known as mindfulness may be particularly helpful to OCD sufferers. Talk to your therapist to learn more about the meditation technique and how to use it.
- 10. You are not alone.** Approximately 1 in 82 or 3.3 million people in USA have OCD. Talk with your therapist about local resources and groups for those dealing with OCD.

Developed in Collaboration with FBH Providers & the Consumer and Family Advisory Board



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