

# Managing OCD During COVID-19

Life during a pandemic is difficult. In those suffering from OCD, increased or worsening intrusive thoughts (obsessions) and safety behaviours (compulsions) are common when faced with the fear and uncertainty of epidemics and pandemics. Some methods to cope during these stressful times include:

## News

- Limit exposure to news to 15 minutes per day, including social media, radio and television.



## Sources of information

- Limit where you get your information; follow only reliable sources.

## Pleasant activities

- Do at least one thing each day that you enjoy.

## Hygiene tips

- Follow the recommended guidelines from Health Canada. No more, no less.



## Physical activity

- Do some form of physical activity for at least 15 minutes per day.

## Get outside

- Walk around the block; breathe in fresh air.

## Seek help

- Online video platforms are effective. If you're struggling to follow any of the above guidelines, or spend more than 1 hour per day obsessing or performing compulsions – it's time to seek help.