

Managing OCD During a Global Pandemic

Pandemics have profound psychological implications. Here is what you can do to help reduce the long-term effects:

Assess your risk:

- Do you have fears about health?
- Do you find yourself concerned about family members?
- Are you socially isolated?
- Do you have a history of OCD?

Limit internet searches:

Excessive “Googling” related to COVID-19 is positively correlated with increased stress, worry, and fear. The more you Google, the worse you’ll feel.

- If you are using the internet to find relief from pandemic worry, try to hold off.

Know your sources of information:

- Rely on accurate sources; don’t use media to make yourself feel better – it will have the opposite effect.

Change your coping methods from negative to positive:

- Accept the uncertainty – catch yourself ruminating about it
- Do not disengage from the world – catch yourself avoiding, then confront
- Feel the emotions – do not deny how you feel

Follow the recommended guidelines from your local or provincial jurisdiction:

Do not do more than is recommended

Know when you need to seek professional help:

- If the worries and fear do not go away;
- If you experience thoughts that begin with “what if” for over an hour per day;
- If you cant follow the reccomended protocol,

Help is available.