



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Times are strange, but uncertainty is nothing new: managing COVID-19 when you or a loved one has OCD

Things To Avoid if You Suffer From OCD

Don't seek reassurance constantly - this just reinforces the idea that danger is ever-present. The more you seek reassurance, the more feedback you give your brain that this really must be horrible.

Don't give in to compulsions - this just perpetuates the cycle and ultimately worsens the anxiety.

Don't use substances excessively.

Avoid staying up all night, staying in bed all day or throwing sleep schedule off. Try not to isolate yourself. Reach out to family/friends via video chatting, calling or texting.

Avoid playing video games or watching TV/Netflix all day long (moderation is key here). Don't watch the news or surf the internet (and social media) constantly - set a limit, such as only allowing yourself to check for 30 minutes each day. Unfollow or mute any social media feed that is unhelpful or puts you in a bad/worse mood.



BRAIN HEALTH for all, for life.