**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.

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_During the Covid-19 Pandemic_

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

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