

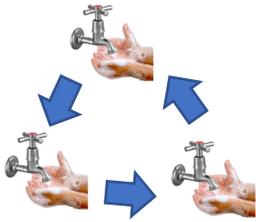


Obsessive Compulsive Behaviour (OCD)

Obsessive Compulsive Behaviour can be very upsetting.



An **Obsession** means you may have unpleasant thought, doubts or fears that you think about most of the time. These thoughts can make you feel very anxious, frightened or worried.



A **Compulsion** means you may do things over and over again to make yourself feel better.



Obsessive Compulsive behaviour means when you have unwanted thoughts you do something over and over again to make yourself feel better.

Some of the things you may worry about are



Getting sick

Someone you love dying

Bad things happening to someone you love

Catching germs

Hurting someone

Doing something wrong





You may have doubts about

Did I lock the door?

Did I touch something dirty?

Did I wash my hands correctly?



It is **very important** to realise that these **worrying thoughts** and **doubts occur** in **everyone, not just people with OCD.**



Thinking about these things may make you feel

Worried, anxious, or afraid most of the time



Unhappy about things or people.



Angry or upset



It is normal to find the thoughts upsetting. When you start to do things or avoid things to stop the thoughts it can cause you problems.



You may feel you have to do things to make you feel better. You may do things over and over again.

Some of the things you may do are



Have lots of baths or showers



Wash your hands over and over again (more than you need to).



Check things like the tap is off over and over again



Cleaning or tidying a lot more than you need to



Ordering or counting things again and again

You may want to stop going to places that make you think about the unpleasant thoughts and fears.

Is everything ok?

Asking other people all the time to tell you everything is OK or repeating something over and over





You may find it hard to stop doing some of these things again and again.



- You may worry or feel anxious if you cannot do these things.
- Sometimes doing these things can stop you doing your daily activities.



Coronavirus is a new illness



Worrying about coronavirus can make OCD worse.



Some people may get OCD for the first time.

Lots of people are worried about coronavirus and the lock down.



People who have coronavirus may have -:



A new cough that does not go away



A temperature that makes them feel hot



A lack of smell or taste.



Coronavirus can make some people very unwell.

People who are very unwell may need to go into hospital to get better.



Most people will be able to look after themselves at home.

Most people will get better at home.

Things you can do to help yourself.



- Talk to people about your worries. Tell them how you feel and what is frightening you.



- If you wash your hands a lot remember the Government guidelines say you only need to wash them for 20 seconds using soap and water.



- Try to relax by listening to music or watching a DVD.



- Try some deep breathing exercises.



- Eat a healthy diet



- Do not drink alcohol.



- Do not drink too much coffee or coke



- Talk to friends and family about things you enjoy and are interested in



- Do something you enjoy



- Go for a walk



- Remember to be kind to yourself



It is important to ask to talk to your GP, 111 or Samaritans if you do not feel better over time.



You feel very upset or angry towards family and friends.



You no longer want to do the things you used to do

You want to hurt yourself



This leaflet was Translated into Easy Read By Dr Siobhan Duke, Psychologist, and members of the Learning Disability Team.