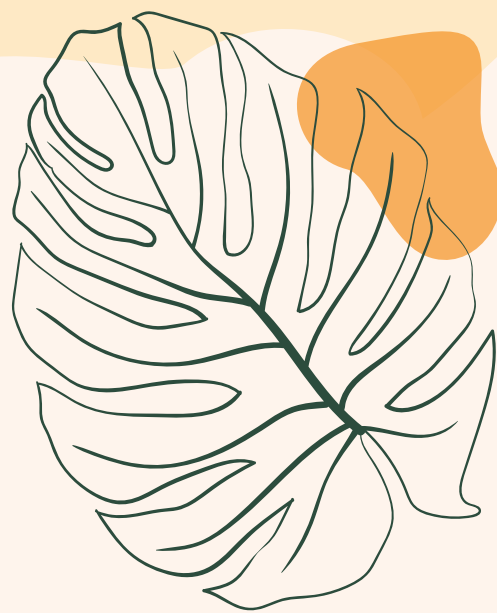


Boost Your Mental Well-Being Today!



Mind Exercises

- Delay rituals by 5–10 minutes, gradually increasing time.
- Lean into intrusive thoughts intentionally to reduce their power.
- Write down obsessive thoughts and challenge their logic in real time.



Exercise & Yoga

- Include yoga positions such as Camel Pose (Ustrasana), Eagle Pose (Garudasana): to release stored anxiety and stress.
- High-Intensity Interval Training (HIIT): Short bursts of intense activity (like jump squats, burpees) help release pent-up energy and reduce obsessive tension.



Daily Lifestyle

- Stick to fixed sleep and wake times to avoid triggering anxiety.
- Engage in high-impact workouts (like HIIT) to release excess nervous energy.
- Set "Worry Time": Designate 10–15 minutes a day just for worrying — outside that time, redirect.



Digital Tools and apps

- OCD Challenge App: Provides structured ERP challenges and progress tracking.
- Rise Up + Recover: Logs emotional triggers and behaviors to identify patterns.
- Waking Up App: Advanced mindfulness techniques tailored for managing difficult thoughts.



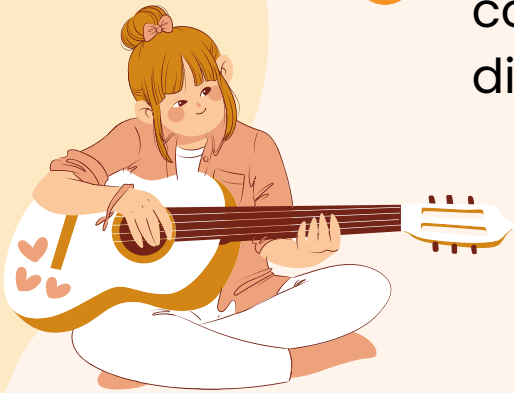
Take the first step to prioritize your mental health today. You're not alone!

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Books & Articles



- Books: *Overcoming Unwanted Intrusive Thoughts* by Sally Winston and Martin Seif.
- Podcasts: *OCD Straight Talk* — focused on advanced treatment and real-time coping.
- Articles: Psychology Today's OCD section for expert-backed strategies and deep dives.



Hobbies & Activities

- Cold Exposure Therapy: Use cold showers or ice packs to disrupt spiraling thoughts.
- Tactile Grounding: Hold a stress ball, fidget toy, or textured object to stay connected to the present.
- Intensive Creative Focus: Take on detailed projects like knitting, puzzles, or painting-by-numbers to redirect focus.

Daily Reminders and Coping Tools

- Compulsion-Tracking App: Log every time you resist or delay a ritual for accountability.
- Use Timers for Tasks: Set strict time limits on daily activities to prevent overchecking or perfectionism.
- Visual Cues: Place calming images or notes ("You are in control") in anxiety-triggering spaces.



CBT and Other Therapeutic Techniques



- Work with a therapist for prolonged and repeated exposure to triggers.
- Cognitive Restructuring: Identify and replace distorted thinking patterns with balanced ones.
- In Vivo Exposure: Face real-life situations that provoke obsessions without performing compulsions.

Remember, everyone's OCD journey is unique. Be patient and kind to yourself.