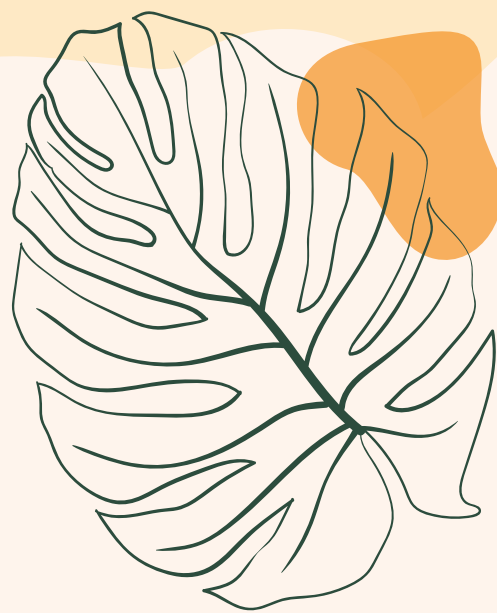


Boost Your Mental Well-Being Today!



Mind Exercises

- Cognitive Defusion: Learn to see intrusive thoughts as “just thoughts” — not facts. Label them without reacting.

- Picture a calm, safe space when anxiety spikes. Imagine releasing intrusive thoughts like leaves floating down a river.



Exercise & Yoga

- Include yoga positions such as Child’s Pose (Balasana), Legs Up the Wall (Viparita Karani) to restore and sooth the nervous sytem .

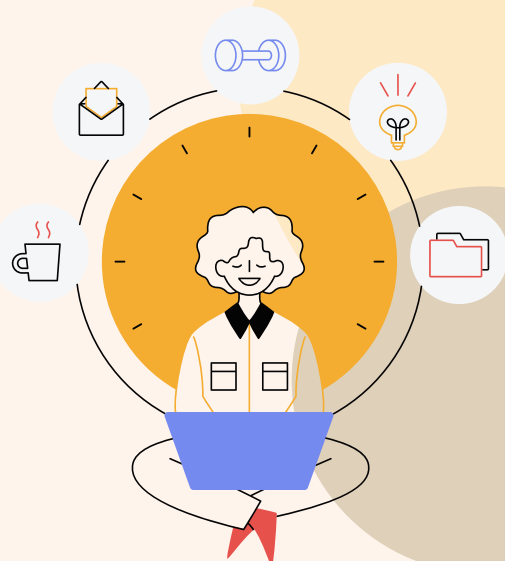
- Engage in at least 30 min of daily exercise — yoga, swimming, walking, or strength training reduce anxiety.



Daily Lifestyle

- Maintain a consistent sleep schedule to regulate mood and stress.

- Limit social media and news intake to avoid overstimulation and intrusive thought triggers..



Nutrition

- Eat foods rich in omega-3 (like salmon, flaxseed), magnesium (spinach, almonds), and whole grains for brain health.

- Avoid excessive caffeine and sugar.

- Prioritize balanced meals and hydration.



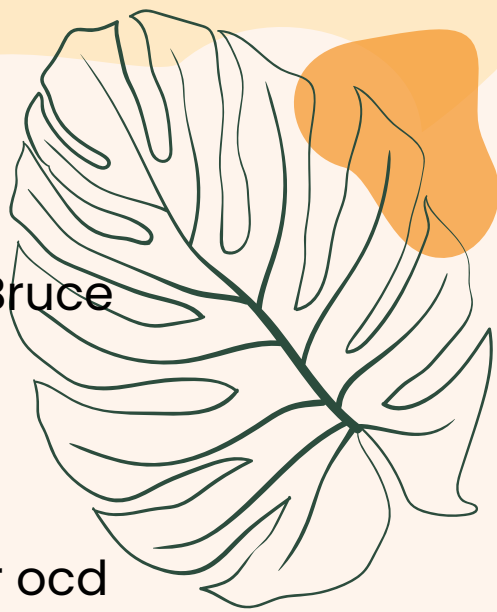
Take the first step to prioritize your mental health today. You’re not alone!

@Therabot

Books & Articles



- The OCD Workbook by Bruce M. Hyman and Cherry Pedrick
- Podcast –Your Anxiety Toolkit-practical tips for ocd control
- International OCD Foundation (iocdf.org) – Evidence-based resources and support



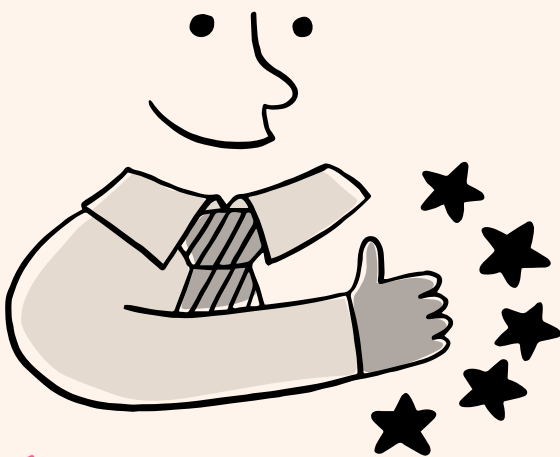
Hobbies &Activities

- Channel your energy into meaningful acts of kindness to feel connected and purposeful.
- Take warm baths, get a massage, or use weighted blankets for sensory calm.
- Go on hikes, garden, or sit by water – Gently challenge the need for external validation – practice trusting your own judgment.



Daily Reminders and Coping Tools

- When intrusive thoughts arise, remind yourself: "It's okay to feel this – I don't have to act on it."
- End your day by noting what went well, moments of control, and how you resisted compulsions.
- Set periodic phone alarms to take slow, deep breaths – inhale for 4, hold for 4, exhale for 6..



CBT and Other Therapeutic Techniques



- Exposure and Response Prevention (ERP): Gradually face fears without performing compulsions
- Acceptance and Commitment Therapy (ACT): Focus on accepting your thoughts without acting on them

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