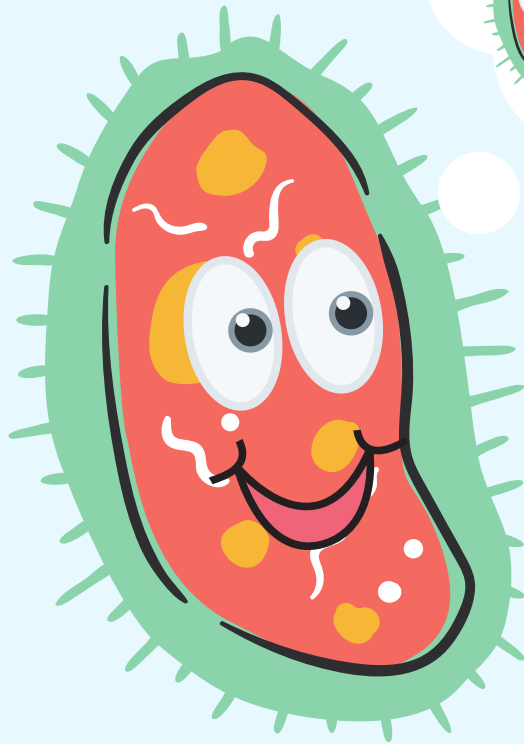


HELP FOR OCD

WORKBOOK

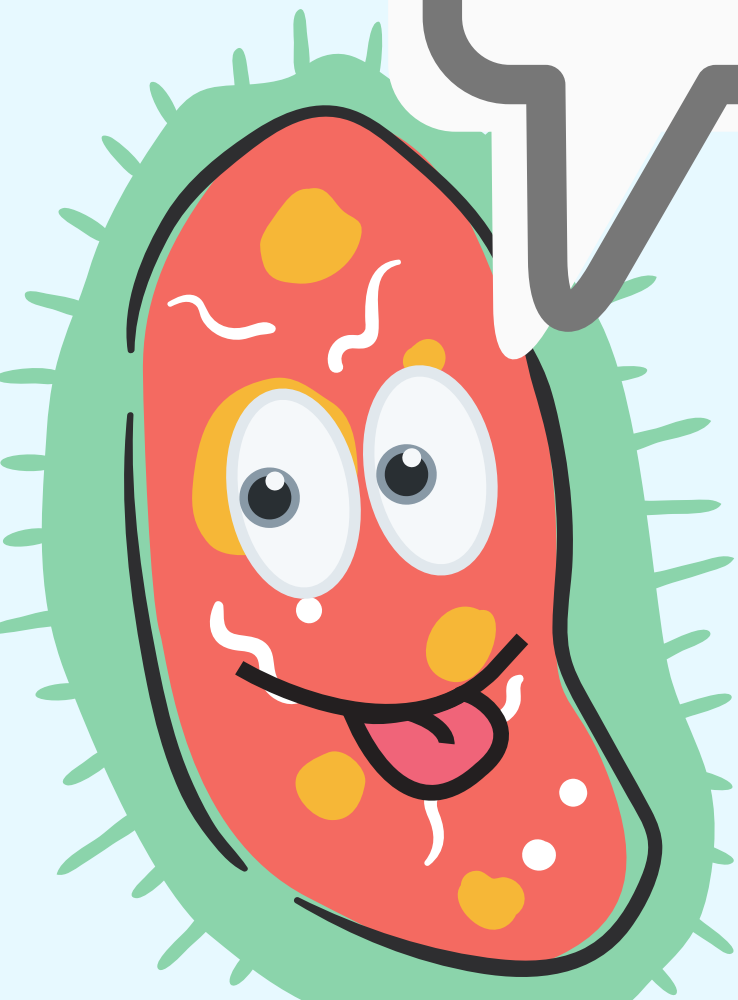
PARENTS & PRIMARY AGE CHILDREN



**MANAGING OCD IN A CORONAVIRUS
OUTBREAK**

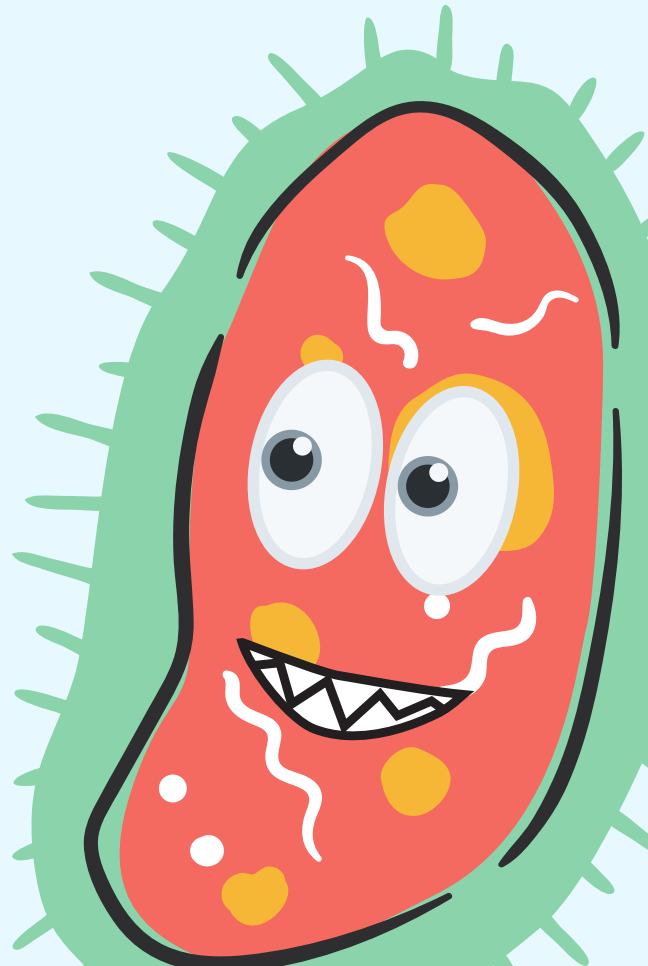
SCARY TIMES

Hello! I am the coronavirus, you may have heard of me and my brother and sister, cold and flu!



ABOUT ME!

- 1 I can make people poorly and give people a cough or make them too hot
- 2 I jump from one person to another
- 3 I have made schools close so I do not spread
- 4 I have asked you all to stay at home to stay away from me



HOW TO STOP ME!

Wash your hands for at least 20 seconds with hot soapy water.



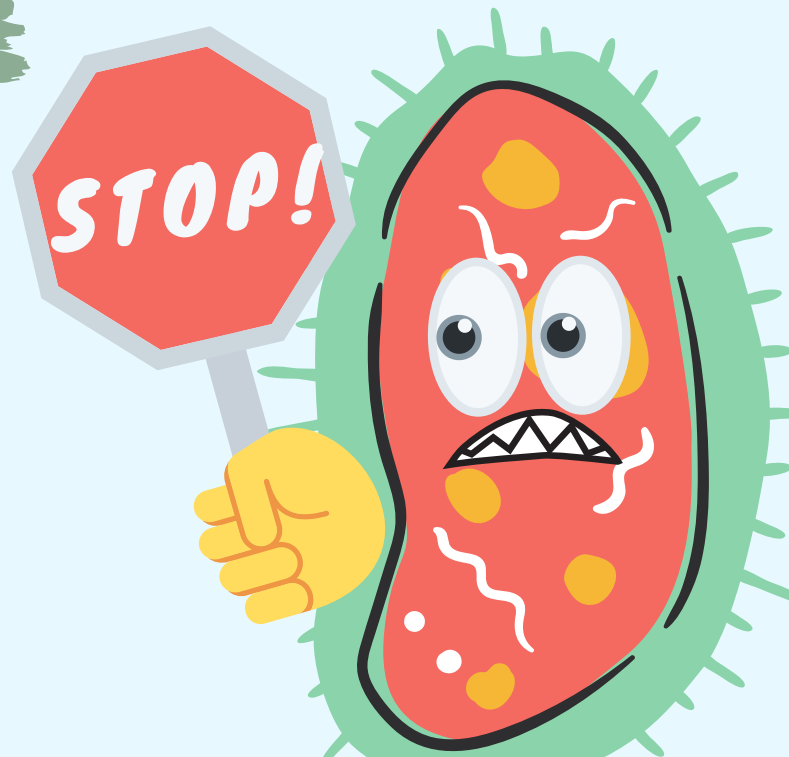
Stay 2 meters away from other people when you are out of your house.



Sneeze or cough into a tissue and put it in the bin.

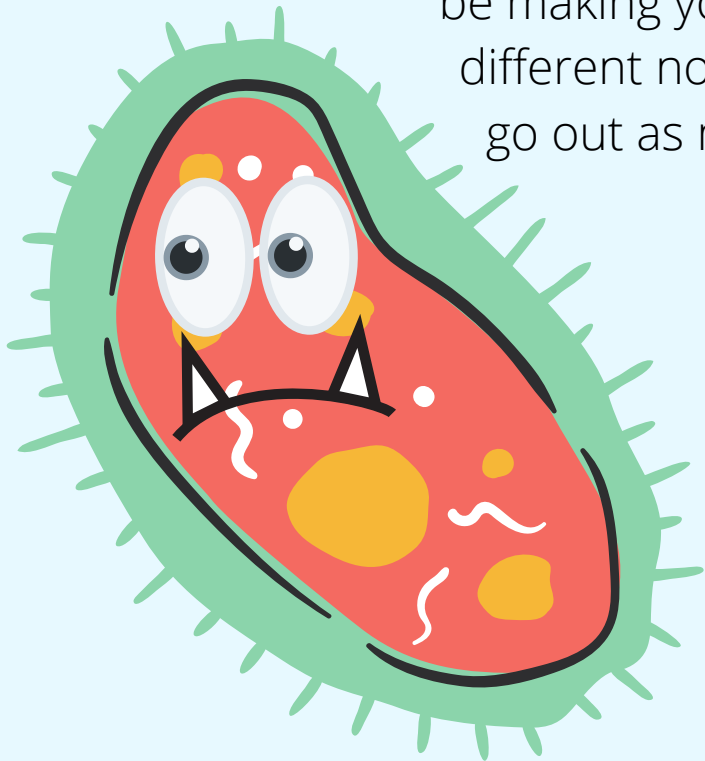


Stay home when you can.

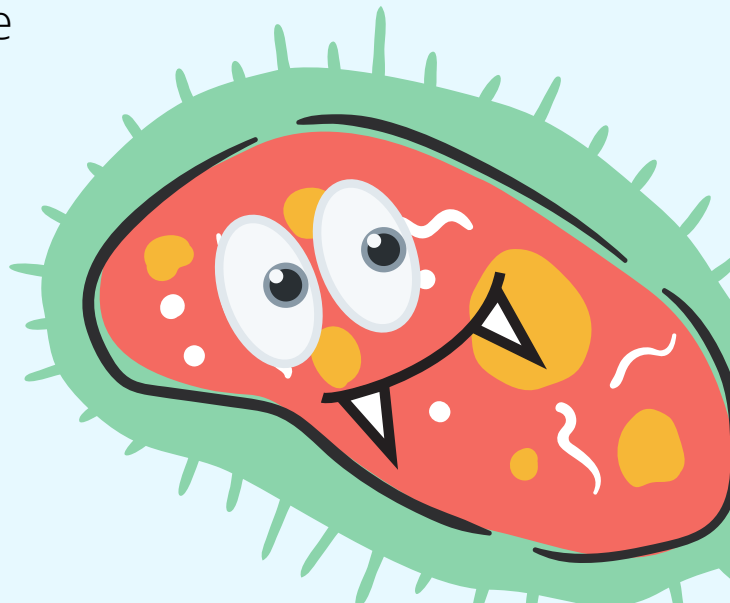


EVERYTHING IS DIFFERENT.

Everything might seem a little bit scary and it might be making you feel sad and lonely. Lots of things are different now, you might not be at school or able to go out as much. The people you live with might be worried and the news might be scary.



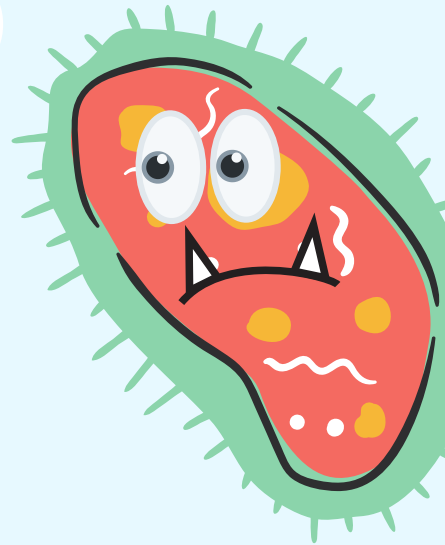
This booklet will give you some ideas of things to do to help you when you are struggling with OCD, you may need to ask a grown up to help with somethings or to go on the internet.



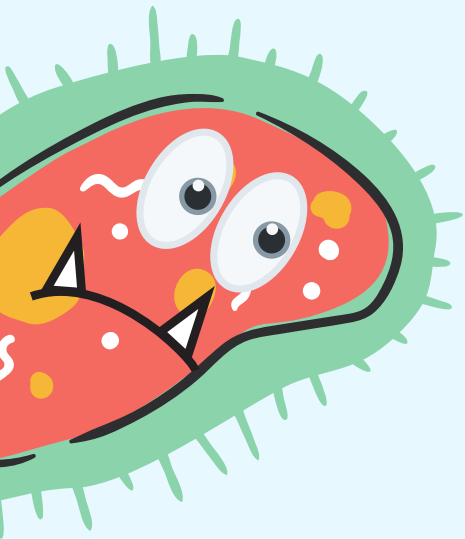
WHY DO WE DO THINGS WE CAN'T STOP?

I MUST WASH MY HANDS ALL DAY

Children with OCD have repeating thoughts, images or feelings that are distressing. These are sometimes known as 'obsessions' or 'obsessive thoughts'. Sometimes when our mind is filled with very upsetting thoughts, we can try to take actions that will bring us relief and make the thoughts go away.



We might start to believe that these actions will get rid of our anxiety or make these thoughts go away. Sometimes having rituals that calm us down can be really helpful. But sometimes these rituals or habits become 'compulsions', meaning that we think we have to do them. We might start to believe that if we don't do them, something bad will happen to us, or to the people around us.

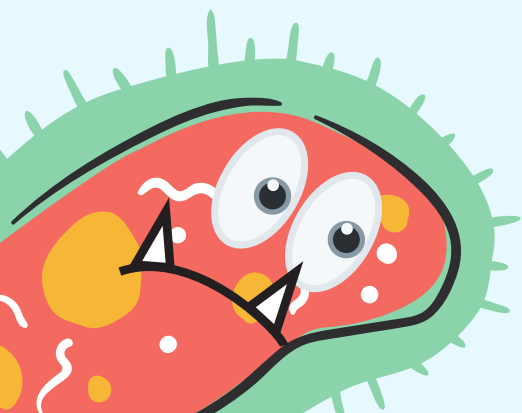
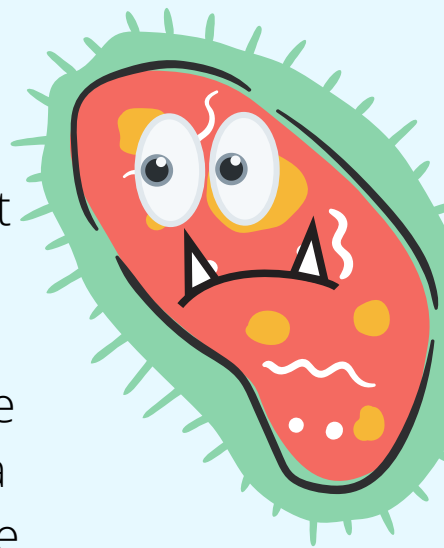


WHY DO WE DO THINGS WE CAN'T STOP?

A lot of people use the term OCD or the words “obsessive” and “compulsive” in ways that aren’t always correct.

You’ve probably heard your friends say they are “sooo OCD” because they have to have things a certain way, or heard someone called obsessive because they talk about the same things a lot. These things are not OCD.

Some people think that people with OCD are just afraid of germs and wash their hands a lot. This is only one kind of OCD. There are actually many different kinds of OCD, and they can be about almost anything you can imagine.



WHAT IS IT, REALLY?

As you have probably guessed, OCD is made up of two parts — obsessions and compulsions.

Obsessions are thoughts, images or urges that you don't want but can't get out of your head. When you have these thoughts, you might also feel very anxious or fearful.

Some examples of obsessions might be:

- imagining loved ones getting hurt
- being scared of getting sick from touching dirty handles
- feeling that something terrible will happen if your books aren't in the right order.

Compulsions are things you feel you must do over and over. Sometimes you might do this to try to stop an obsessive thought. But sometimes you don't know why they feel and behave this way.

Some examples of compulsions might include:

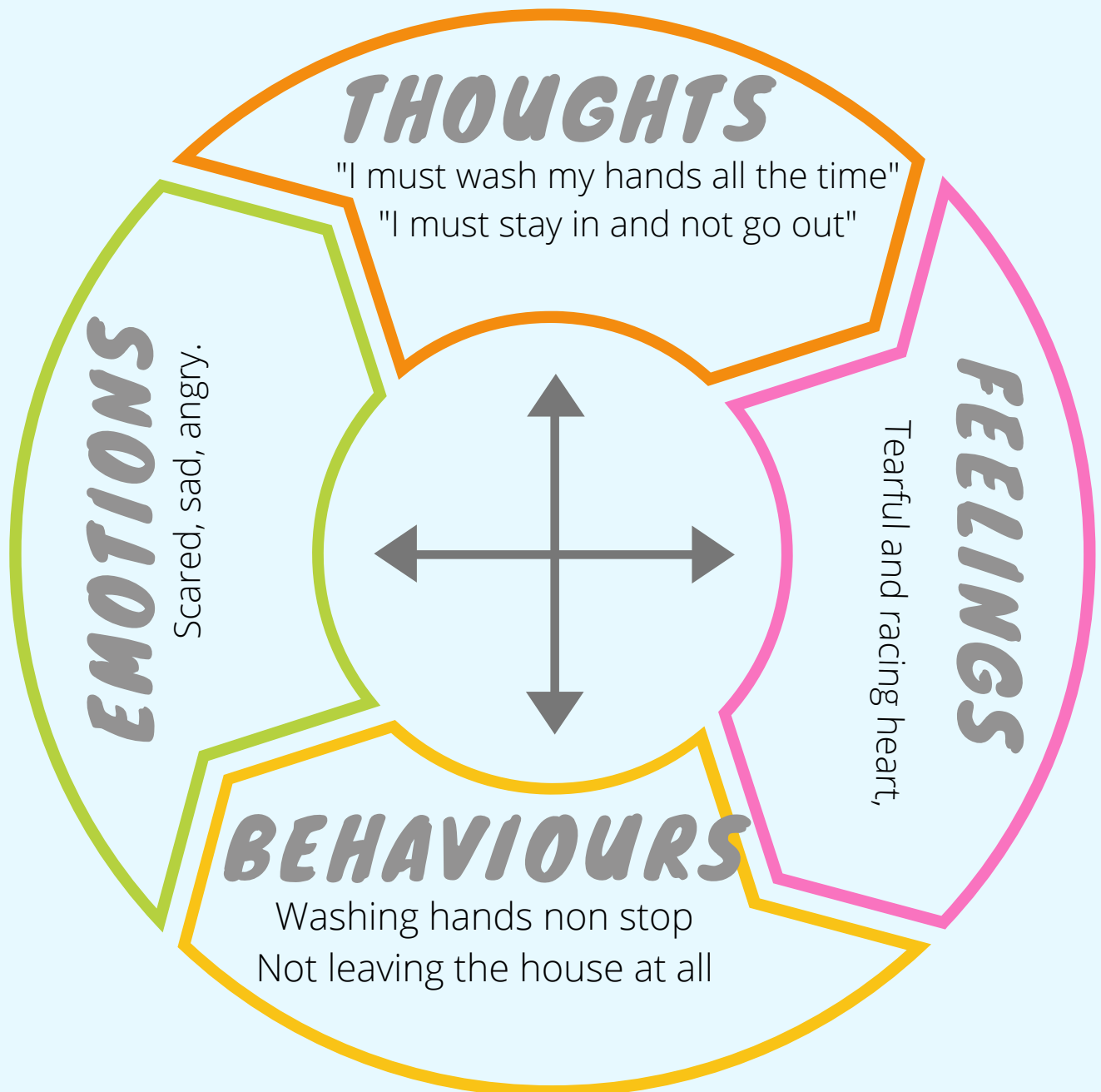
- washing hands repeatedly
- hoarding – that is, not being able to throw anything away
- counting or tapping
- behaving in mildly superstitious ways, like always wearing the same t-shirt to dance class

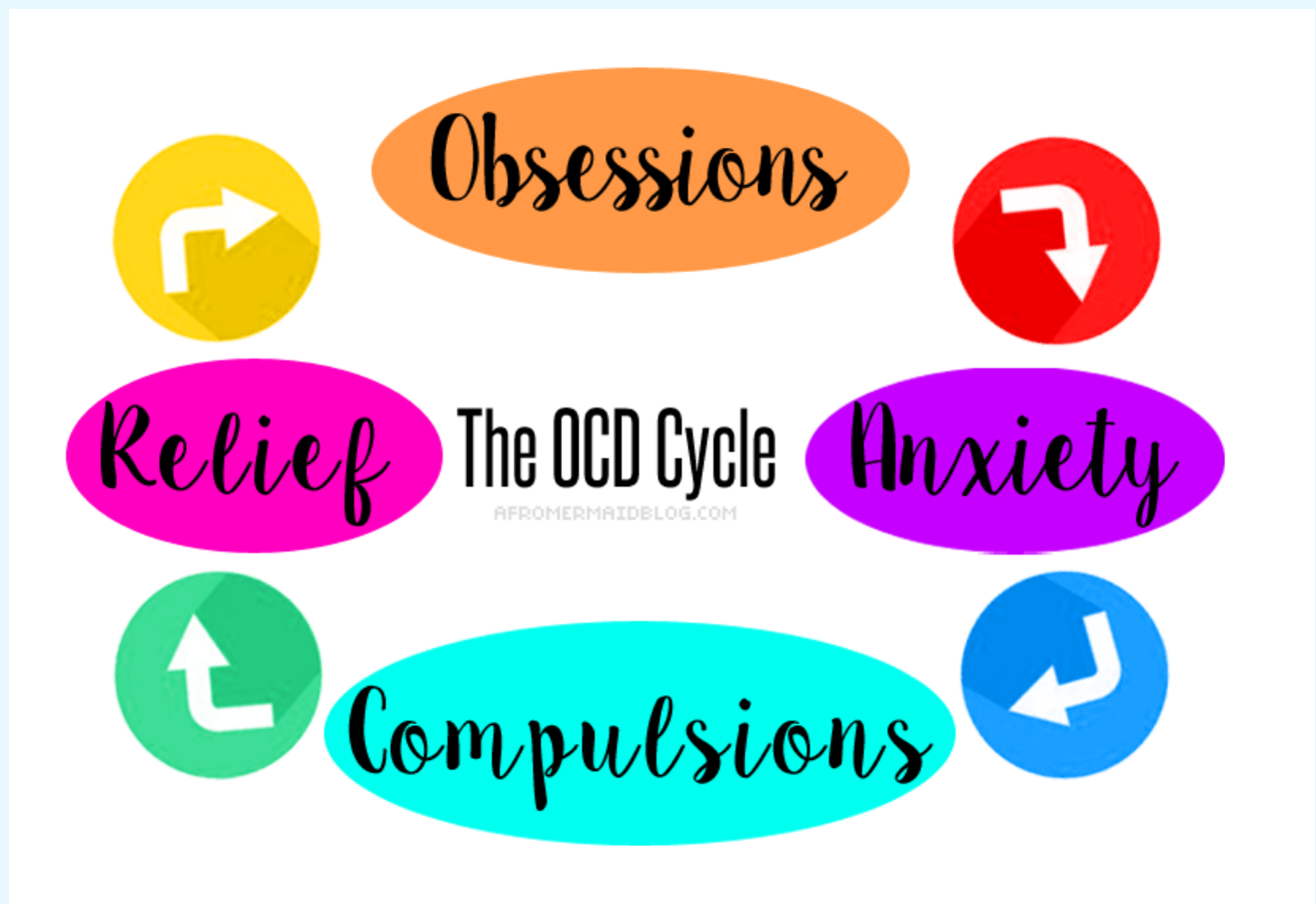


HOW YOU FEEL

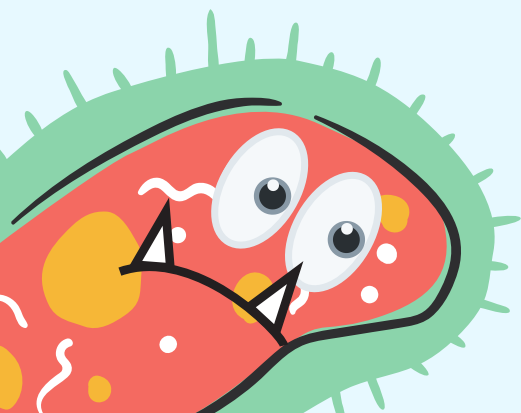


When you are feeling scared, the thoughts in your head, change how you feel in your body, and the things you do. This can make you feel worse.





When health crises occur like Covid -19 our brains often want to overcompensate for our fears by washing and cleaning into top-gear. While this may provide temporary relief, these behaviours can often create more fear and concern. What can we do to help?

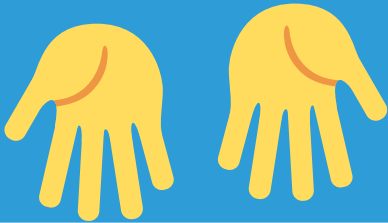


SITUATION

I MIGHT GET THE VIRUS

Worrying Thoughts!

I must wash my hands all the time.



Compulsion

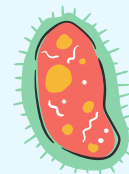
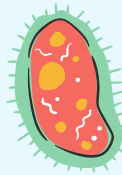
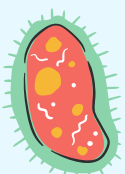
Washing and washing
hands all the time

Rate the feeling

0,1,2,3,4,5,6,7,8,9,10



Whilst the hand washing will relieve the anxiety it will increase again. So how do we stop the feeling to washing our hands again and again...



HOW TO HELP

These actions are valid and understandable, and while seeking comfort is a normal, we know from scientific research on anxiety and OCD that oftentimes seeking reassurance, cleaning, checking the news, checking in repeatedly on our loved ones, or avoiding these things all together can decrease our anxiety short-term, but often increases our suffering long-term.

Times are very tricky at the moment, so you might feel all sorts of different emotions and that is completely normal. Be kind to yourself, you are doing the best you can! Things are changing all the time and it okay if you find this hard.

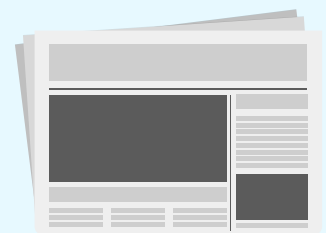


1

Follow health guidelines from the NHS and the Government (but don't go "above and beyond" what's recommended)

2

Have a set time spent gathering information and watching news.



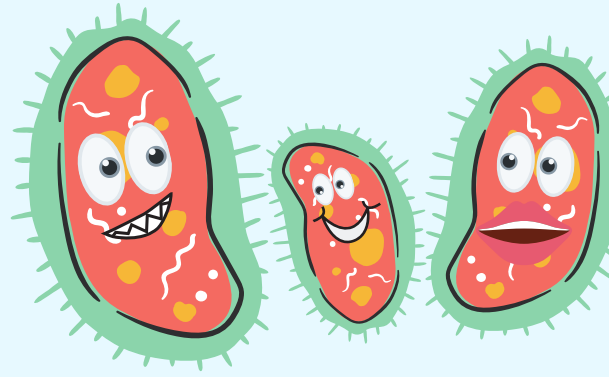
3

Look after yourself, keep active and be creative

TOP TIPS

1

Spend time with your family and do sometime fun together.



2

Ask if a grown up can organise a phone call or video call to your friends or family who you don't live with.



3

Keep a routine - Write down a daily routine of school work, fun time and time for exercise.



4

Write letters to your friends and either ask someone to post them or get someone to send them digitally for you. It can be great fun to have a penpal.

Social media and the newspapers are full of what you can't do, so it may be helpful to remember what is still possible, even if you have to self-isolate.



You can still: Listen to your favourite music

You can still: Talk and Skype family and friends

You can still: Read your favourite books

You can still: Enjoy the outdoors, even if it's your own garden in the short term

You can still: Sing or dance at home (even if both are best behind closed doors!)

You can still: Smile and laugh (don't let OCD stop either, it will try, we don't have to let it stop us smiling or laughing)

You can still: Watch your favourite TV or films (we recommend the fun, laugh out loud variety!)

You can still: Have HOPE for a life without OCD (even if that comes after this public health crisis)



SCHOOL

It is okay to have mixed feelings about not being at school, you might be happy one moment and then miss your friends and teachers. It might seem easier to just avoid doing your work all together. But keeping up with your school work can help keep routine which is really important when you are struggling with your feelings and it will also help you when school returns to normal.



GET ORGANISED -

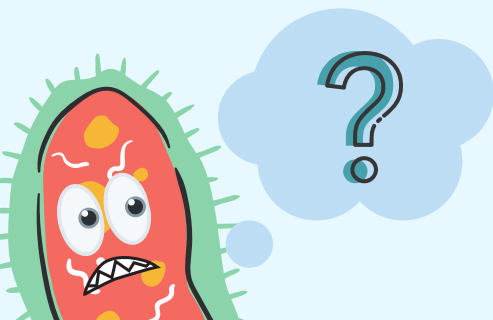
Make sure you have everything you need to do your work and schedule time to do each bit

REWARDS-

You are doing so well just to be giving it a go when times are tough. So do little bits at a time and treat yourself when you complete a bit.



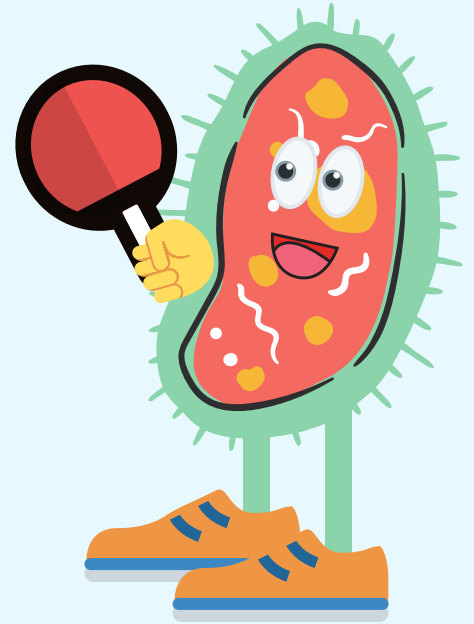
ASK FOR HELP -



If you are finding things hard, it is okay to ask for help. Your teachers can help or ask your family.

EXERCISE

Staying active can change how we feel and can make us feel happier. So it is important that we keep our bodies moving when we can't do P.E. Why not ask your family to video call your friends or family while you exercise, so you can do it together.



Try something new!

Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
<https://www.facebook.com/lvyogafareham/>

Dance:

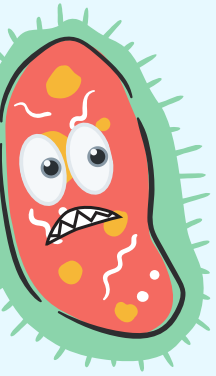
<https://www.youtube.com/channel/UCJlZkpEAHfJ4kSkbkB8krDg>
<https://www.youtube.com/user/popsugartvfit>

Exercise every day

Get your whole family to join you for PE and join a class like Joe Wicks' 9am PE class.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>





RESOURCES

Relaxation exercises - <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>

Understanding coronavirus workbook - <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Coronavirus social story - <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Worksheets to support wellbeing during coronavirus - <https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

<https://www.twinkl.co.uk/search?term=mental+health>

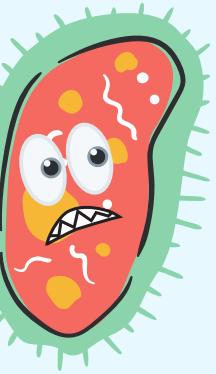
Build your happy place - <https://www.childline.org.uk/toolbox/games/build-your-happy-place/>

Children's guide to coronavirus - https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?utm_source=Children%27s+Commissioner+for+England&utm_campaign=55b235e7e4-EMAIL_CAMPAIGN_2020_03_31_04_29&utm_medium=email&utm_term=0_5e06e44c59-55b235e7e4-395746454

Comic and help explaining why you are at home, what hospitals are like, the importance of washing hands, Resources to help whilst at home. <https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Mindful gNats app (free on Android) - relaxation exercises and help managing negative thoughts.





RESOURCES

Video calls - ask a grown up to organise a video call for you, they can use facebook messenger, facetime, zoom, or other apps. Facebook messenger has games that you can play with friends whilst you chat.

<https://www.ocduk.org/ocd-and-coronavirus-resources/>

<https://iocdf.org/covid19/self-care-during-covid-19/>

<https://www.bbc.co.uk/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic>



**STAY SAFE AND
REMEMBER YOU
ARE NOT ALONE!**



Local support:
<https://www.ghll.org.uk/>
<https://ticplus.org.uk/>
<https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

