

OCD-UK 5 POINT PLAN

When Obsessive-Compulsive Disorder takes its grip it can be very difficult, seemingly impossible to see a way forward. We hope this simple and practical 5 point plan, which can be practised daily, will help initiate and maintain recovery.

REACH

- ✓ **R**ead, revise and be informed about OCD and CBT
- ✓ **E**at well – Eat a healthy balanced diet
- ✓ **A**ctive – Take regular exercise, a brisk 10 minute walk, a couple of times a week is a great way to start.
- ✓ **C**hallenge your fears – Through regular exposure exercises, learned through CBT
- ✓ **H**ave a good night's sleep