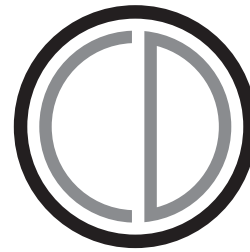


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A Toolbox for Uncertain Times

- 1. Stop!** Breathe...
- 2. Notice:** "What am I feeling right now? What am I thinking right now?"
- 3. Ask yourself:** "Is this me, or my OCD?"
- 4. Think:** "What is my OCD telling me to do or feel about a situation?"
- 5. Decide:** "I am going to make decisions, not my OCD."

(Turn over! There's more →)

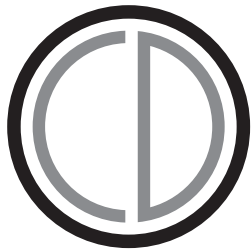
iocdf.org

- 6. Choose:** "What do I want to be doing that's important to me, not my OCD?" (e.g., OCD says not to touch food, but you like to cook).
- 7. Take back control:** Do activities that are important and/or meaningful to you (e.g., time with a pet).
- 8. Progress, not perfection:** Give yourself credit for all steps, small and large.
- 9. Remember:** Not everything is bad right now; connect with something you are grateful for.
- 10. Be gentle with yourself:** We are all struggling. Forgive yourself, do something nice for yourself, and move on.

For more helpful tools,
download the additional cards at:
iocdf.org/covid19

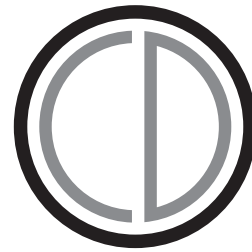
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FOLD



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1. **Stop!** Breathe....
2. **Notice:** What am I feeling right now?
What am I thinking right now?
3. **Assess:** Am I stuck in the past? Am I lost in "What if's" about the future?
4. **Choose:** How do I want to be spending my time right now? Is my best strategy to stay lost in my head and mired in my feelings?
5. **Disengage:** I can notice my thoughts and feelings and still do what is best for myself and my family.
6. **Engage in what you care about:** How can I make the best of this moment? How can I contribute to my own wellbeing right now? Or that of a family member or friend? When I look back on this time, will I be content with how I spent my time?



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Focusing on the present moment is a helpful way of managing anxiety and worry. Activities that help me stay present (e.g., petting a dog, singing my favorite songs, doing 4-7-8 breathing techniques, a mindful walk) are:

- _____
- _____
- _____

FOLD

Self-care is a very important component to anxiety management and effective parenting. Self-care activities (e.g., exercise, getting good sleep, taking breaks, hobbies) that help me are:

- _____
- _____
- _____

Staying in contact with what we care about helps transform our struggles into an opportunity to connect with what matters most. Things I can do (e.g., checking in with a friend, donating to a cause, spending time with my children) that align with my values are:

- _____
- _____
- _____

Turn this card over to list activities you could be doing right now.



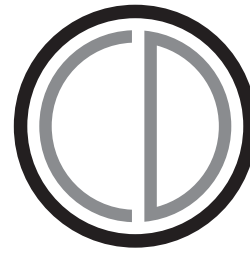
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When I am struggling, I will...

1. **Stop and take a deep breath** — Do whatever you need to do to ground yourself in the here and now. Another good option is to name five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste.
2. **Take note** — Check in with how you are feeling, what you are thinking about, and what you may be doing because of it. Ask yourself, "Is this me, or my OCD?"
3. **Switch it up** — Do whatever helps you to take the driver's seat back from your OCD (or whatever else might be affecting you), using the tools you have gained from your treatment journey.
4. **Reflect** — what triggered you? Was it expected, or unexpected? How will you respond the next time this happens? How will you continue to respond to triggers in these times?
5. **Be gentle with yourself** — These are extraordinary times, so it is natural to be struggling. Forgive yourself for it, and do something nice for yourself to move on.

(FILL IN YOUR OWN):

6. _____
7. _____
8. _____



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When a loved one is struggling, I will...

1. **Be aware** — Notice how your loved one's symptoms change, and any signs that may point to an OCD spike. Help them become aware of these signs, if they are not already.
2. **Be understanding** — Remember that the way they are acting may feel outside their control. Focus on the behavior, not the person.
3. **Be helpful** — Remind them of the tools at their disposal, including techniques that might have helped them in the past.
4. **Be firm** — Stick to any pre-arranged boundaries, contracts, plans, etc. you may have established before this time began.
5. **Be gentle with yourself, too** — Take a deep breath, and ground yourself in the present before responding to your loved one. Remind yourself — you love them, and are always trying your best.

(FILL IN YOUR OWN):

6. _____
7. _____
8. _____

FOLD