
A PLACE FOR MY HEAD

Obsessive Compulsive Disorder (OCD)

Thanks to Hannah for helping with this one

OCD is where a person struggles with obsessive thoughts and compulsive behaviours that the individual can't control. It can be feel lonely and like you're compelled to act on urges. You can experience intrusive and repetitive thoughts which can last days, weeks or years. It can feel like a level of anxiety you can't control e.g. feeling sick, frozen, panicked and overwhelmed. You may feel like you have to act compulsively until 'it feels just right' e.g. count up to 10 in your head repeatedly. This can make you feel low, exhausted, hypervigilant to danger/threat, like you're in an endless cycle which takes the joy out of everything.

WHAT HELPS?

Stories - Hearing other people's mental health struggles can help e.g. can make you feel less alone with your struggles.

Therapy - CBT can be useful to explore thoughts and emotions that maintain and break cycles of behaviour

Medication - Prescribed medication can help some people

Music - Listening to screaming metal drives down anxiety and attunes emotions to that of others, it's comforting and helps your brain to flick a switch (break cycles of thought). Also helps to moderate experiences of voices

Hobbies - to externalise my energy and avoid feeling bored (as this can make obsessive and compulsive thoughts/behaviours worse)

METAL SONGS RELATED TO OCD

Nine Inch Nails - The Fragile, The Wretched and March of the Pigs

Slipknot - Sic

Spineshank - Consumed (Obsessive Compulsive)

Linkin Park - Heavy

RESOURCES FOR OCD

HMT playlists – <https://heavymetaltherapy.co.uk/playlists/> See the HMT website for links to our playlists relating to anxiety, depression and other mental health conditions relating to OCD.

Self-Help - OCD Action - <https://ocdaction.org.uk/> and **OCD UK** <https://www.ocduk.org/> provide self-help resources and recovery stories from other's with diagnoses and/or experiences of OCD.

Professional Support - If you are in the UK and need further advice around OCD or are seeking a diagnosis, you can seek a referral via your GP.

HMT website - <https://heavymetaltherapy.co.uk/your-own-stuff/> See our website for links to bands who write about OCD and related mental health conditions (specifically The Five Hundred for their band members' experiences of OCD).

**FOR MORE INFORMATION, PLEASE VISIT:
WWW.HEAVYMETAL THERAPY.CO.UK**