Clean Recovery Centers Raises Awareness on OCD Tics

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Bradenton, FL ? Clean Recovery Centers published a blog post to raise awareness on what OCD tics are and how people can effectively manage them. Obsessive-compulsive disorder (OCD) is a mental health condition characterized by obsessions and compulsions. OCD-related tics are a lesser-known symptom of this condition. It involves involuntary movements or vocalizations that significantly impact a person?s quality of life. Understanding how tics fit within the spectrum of OCD allows people to receive the appropriate support and treatment.

?OCD-related tics are sudden, repetitive, and seemingly purposeless movements or sounds. Unlike the intrusive thoughts or ritualized behaviors typically associated with OCD, these tics are more physical or vocal. For example, someone might blink excessively, clear their throat repeatedly, or tap objects in a specific rhythm. These tics can occur alongside obsessions and compulsions, adding another layer of complexity to an already unique condition. While they often feel automatic, tics may be linked to underlying anxiety, making them different from the more deliberate rituals characteristic of OCD,? the blog post states.

Obsessions involve intrusive, unwanted thoughts or fears that cause distress. Compulsions are repetitive

actions performed to alleviate this distress. Tics are involuntary and lack a clear mental or emotional logic. An example of an obsession/compulsion is someone believing something bad will happen if they don?t wash their hands five times. An OCD tic might be rapid blinking or grunting without a direct thought triggering it. Tics do not consciously aim to reduce perceived threats, unlike obsessions and compulsions, but they all may stem from underlying anxiety.

OCD-related tics often fall into two categories: motor or vocal. Motor tics include rapid blinking, head jerking, facial grimacing, shoulder shrugging, or tapping. Vocal tics include humming, throat clearing, sniffing, or repeating certain sounds or words. At first glance, they appear harmless, but they can be persistent and disruptive in social and academic settings. These tics are also unpredictable for those who experience them. At first glance, OCD tics and the tics seen in Tourette?s Syndrome might appear indistinguishable. However, Tourette?s Syndrome tics might not have an emotional or anxiety-driven context, while OCD-related tics are driven by anxiety or a desire to ?release? tension. With that said, these two conditions can co-occur together, as studies have shown that 60% of people with Tourette?s Syndrome also meet the criteria for OCD.

OCD-related tics are caused by a variety of factors, including stress, fatigue, and heightened anxiety. Social settings where the pressure to appear ?normal? is high might also trigger tics, as can sensory stimuli like sounds, textures, or lights. Someone who lives with this condition experiences a significant toll on their emotional, social, and academic functioning. Children with this might experience bullying and feelings of isolation and low self-esteem. Adults might also feel embarrassed or frustrated, especially if their tics impact their work and relationships. Because OCD tics are unpredictable, they might withdraw from social situations and experience increased anxiety, depression, and burnout. There are several ways to manage this condition, which include cognitive behavioral therapy (CBT), medications, stress reduction, and support groups.

?OCD tics can be frustrating, especially as they begin interfering with your daily life. The good news is that treatment options are available to help keep them in check and help you feel like yourself again. Treatment for OCD involves extensive therapy and, in some cases, medication to manage symptoms. You don?t have to keep living every day hoping another tic doesn?t occur ? it?s time to take charge of your mental health and get back to putting the best version of yourself forward,? the blog post continues.

Clean Recovery Centers helps people in the Bradenton area learn how to manage life with OCD and find hope for a brighter tomorrow. The facility is also able to diagnose a mental health condition, like OCD, at any stage of treatment and treat it as a primary diagnosis. They are the only facility in the area that has RRT-certified therapists. Their housing options are certified through FARR (Florida Association of Recovery Residences).

To learn more about Clean Recovery Centers, call them at (888) 330-2532 or visit their website.

Get clean. Live clean. Stay clean.

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For more information about Clean Recovery Centers - Bradenton, contact the company here:Clean Recovery Centers - BradentonTerri Boyer(727) 766-0503info@cleanrecoverycenters.com2401 60th St Ct WBradenton, FL 34209

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Clean Recovery Centers in Bradenton, Florida is drug and alcohol Detoxification and Residential Level 1 treatment facility that will be opening in 2023.

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