

Exercise sheet

IF YOU FIND YOURSELF RUMINATING



1 Identify what you are ruminating about

2 Are you ruminating about a current problem?

- ☐ Yes. In which case, you can set out to solve the problem.
- ☐ No, it is not a current problem or it cannot be resolved at the moment. In which case, move on to the next step.

3 Note the unhelpful nature of your ruminations and choose one of the following behaviours:

- ☐ Set a goal and break it down so you can achieve it.
- ☐ Do a quick relaxation exercise by focusing your attention on your breathing.
- ☐ Do a meditation exercise, the one you are most comfortable with.
- ☐ Get active and distance yourself from your repetitive thoughts: any activity that gets you moving is a good activity.
- ☐ Seek out social contact: phone a friend or family member. You could even go and pay someone a surprise visit.
- ☐ Start a creative activity: writing, painting, etc.