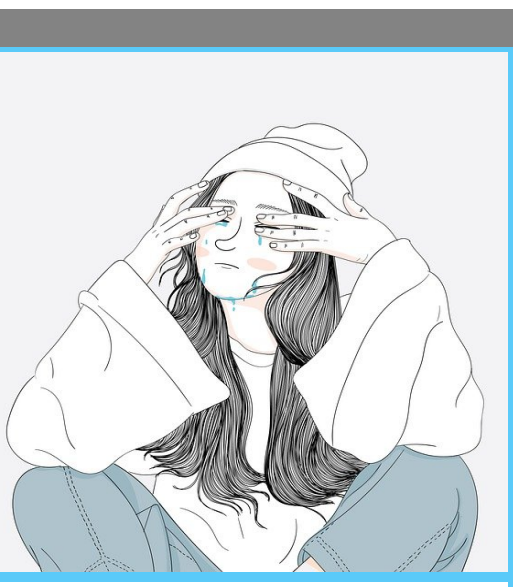
SSTeMM

Playing things over and over in your head?



Rumination

Have you ever filled your head with one single thought, or a string of thoughts, that keep repeating... and repeating... and repeating...?
The habit of rumination can impact your mental health. It can prolong anxiety and low mood.
How can you break this endless cycle?

Notice your worry behaviour

Ask yourself, "What was going through my mind just then as I started to feel this way?" Is this a real problem or a "perhaps problem"? Our brain does not know if problems are real or imagined since they bring the same feelings.

Postpone your worries

Deliberately set aside some time in your day to do nothing but think about real or imagined worries. Limit the time you spend doing that to 10 minutes. Write the pros and cons for a plan to move forward out of the perceived problem.

Purposeful activity (A)

Go and do a purposeful activity that gives you a sense of achievement, contact and or enjoyment (ACE). Examples:

Achievement:
baking, tidying up, gardening or short bursts of exercise

Purposeful activity (C)

Connection:
telephone a friend, helping someone your care about or play with a pet.

Purposeful activity (E)

Enjoyment:
watching a comedy, reading, going for a bath, going out to feel the wind, sun or rain on your face

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