

Rumination

Rumination is a type of thinking where you over think or obsess about life events or problems. Ruminating can make you feel out of control. The problem with ruminating is:

- That it is usually negative thinking – which encourages more negative thinking which becomes a cycle
- It can affect your ability to problem solve - which you need to do to move on.

Here are 10 tips that others have used to reduce their ruminating

1. **Engage in activities that foster positive thoughts.** Do things that you are going to enjoy
2. **Problem-solve.** Break the problem down into smaller pieces and solve what you can
3. **Tell yourself to “stop it”.** It’s helpful to have some self-awareness that you are doing it
4. **Don’t ruminate about things that you can’t control**
5. **Write It Down.** Keep a journal or write a note so you can take your mind off of it. Look at it periodically to see what the real worry is
6. **Schedule your worries.** Pick a time of day to fuss and worry and when the time period is up then you go do something else
7. **Get a different perspective.** Talk things out with someone else. Just make sure that you don’t talk about the same topic for hours
8. **Recognise and remind yourself that replaying a thought over and over will not bring about a resolution.** Ruminating can be a big waste of time
9. **Accept that you may not be able to solve some things , regardless of the amount of time you spend thinking about it**
10. **Decide to either Do Something about it or Let it Go**

Adapted from Nolen-Hoeksema and Elizabeth Scott