

# Interrupt ruminations with 5-4-3-2-1

## Use grounding skills to interrupt ruminations.

Our minds spend a lot of time wandering between memories of the past and images of what might happen in the future. Some psychologists describe our minds as constant time travellers! Sometimes our minds get into the habit of time travelling as a way of coping with problems. They travel to places in the past associated with the problem when we felt regret, shame or failure. Or they travel to the places in the future where we worry about something bad happening. When we get into a habit of thinking around and around about the causes and consequences of problems, it is called rumination.

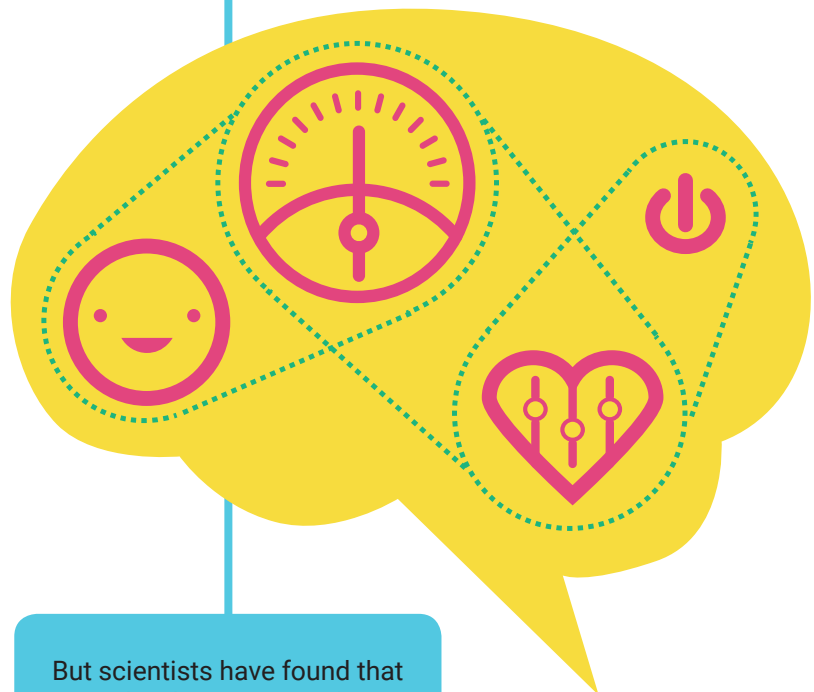
Rumination stops you from putting in place strategies to resolve the problem or moving toward acceptance if things can't be solved. Once your mind develops the habit of ruminating, it can be very difficult to control where your mind spends its time. You may have problems sleeping or concentrating because of your thoughts.

Where your mind spends its time is very important for managing your feelings.

### WHY IS RUMINATION UNHELPFUL?

Rumination is exhausting!  
A mind that constantly travels can wear you out.

Many people describe rumination as a way of trying to understand a problem. Or to solve a problem when they feel stuck.



But scientists have found that people who ruminate about problems have difficulty coming up with solutions.

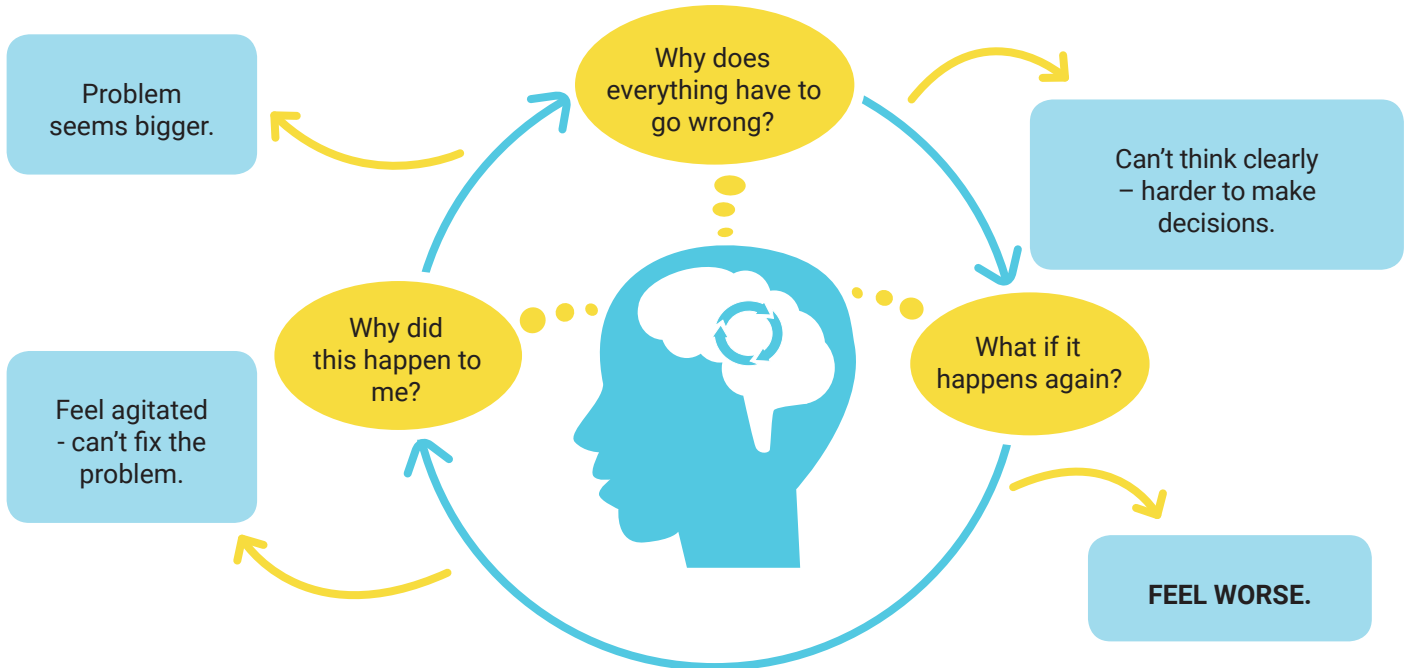
Instead, they feel more distress or stuck or trapped.



Rumination is strongly related to anxiety, depression and other mental health problems.



### HOW DO OUR MINDS RUMINATE?



### STOP RUMINATION WITH 5-4-3-2-1

5-4-3-2-1 is a grounding technique that stops rumination by training your mind to return to the present moment. Follow the prompts in each of the boxes, identifying...

<p><b>5</b> Things I can see right now.</p> <p><b>4</b> Things I can hear right now.</p> <p><b>3</b> Things I can feel right now.</p>	<p><b>2</b> Things I can smell or taste right now.</p> <p><b>1</b> Take one slow, deep grounding breath in through the nose and out through the mouth.</p> <p> Repeat 5-4-3-2-1 if you are still ruminating.</p>
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### PRACTICE & REFLECT

The goal is to notice when you are ruminating about a problem and to guide your attention back to the present moment. Practice 5-4-3-2-1 when you notice your mind ruminating every day this week. Tick it off in the calendar after you have had a go.

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
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Are there regular places your mind travels to that always end up making you feel worse? Give these places a name. 'Desperation Island,' 'The Land of All the Shit Things That Have Happened to Me'. Next time your mind travels to these places, try saying 'thanks, but no thanks' to your mind.