



Interrupt rumination with 5-4-3-2-1

Use grounding skills to interrupt rumination.

When we get into a habit of thinking around and around about the causes and consequences of problems, it is called rumination.

Rumination prompts you to think negatively by repetitively focusing attention on things that have caused you distress in the past.

When you get caught in a ruminative cycle, you are more likely to feel hopeless, blame yourself for your problems and are more self-critical.

Managing rumination is very important for managing your feelings.

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...

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

