



# Interrupt rumination by controlling your attention

Interrupt rumination by using strategies to control your attention.

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 THESE STRATEGIES



**COUNT** backwards from 20



**MOVE** - Stretch, walk or run



**LISTEN** - Play music and tap to the bass or focus on the lyrics



**CREATE** - Draw; mindful colour; do puzzles; cook

