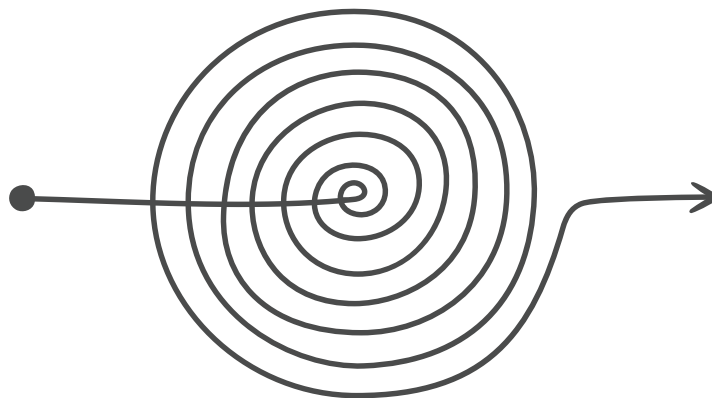


Understanding and Managing Rumination

Grounding Techniques

Grounding helps bring your mind back to the present and disrupt repetitive negative thinking. Mental health specialists often use grounding as a practical tool to interrupt rumination.



The 5-4-3-2-1 Technique

Shift attention away from the thought loop. Identify:

- **5 things** you can see
- **4 things** you can feel
- **3 things** you can hear
- **2 things** you can smell
- **1 thing** you can taste

Deep Breathing

Long exhalations help calm your stress response.

- **Inhale** for 4 seconds, **exhale** for 6
- **Repeat** several cycles

Physical Grounding

Focusing on physical sensations helps break loops.

- Plant your feet on the floor
- Notice the support of your chair
- Press your hands together gently

Temperature Change

Changes in temperature reset the nervous system.

- Splash cool water on your face
- Hold something cold or warm
- Step outside briefly

Describe Your Environment

This anchors your mind in the present moment.

- Name objects around you
- Notice colors, textures, or shapes

Short, Absorbing Activities

Small activities help stop rumination's momentum.

- Folding laundry, stretching, walking, making tea
- Listening to music, a podcast, or an audiobook
- Any simple task that engages your attention

Grounding techniques interrupt rumination by bringing your mind into the present. They are quick, practical, and can be used anytime, anywhere. For additional support and resources, reach out to the EAP or visit [EAP4YOU.com](https://www.eap4you.com) for more on understanding and managing rumination.