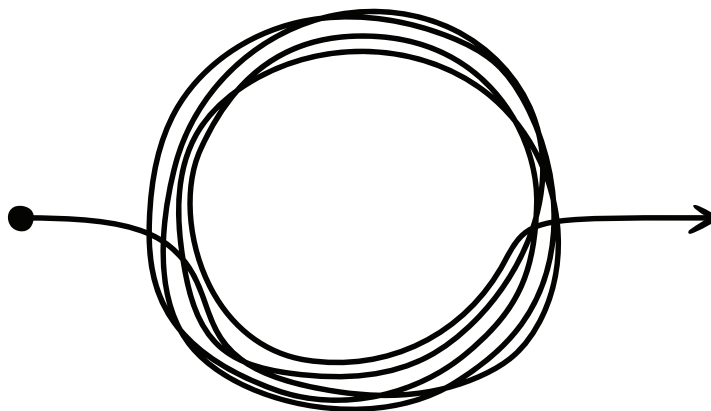


Understanding and Managing Rumination

How to Break the Cycle

Rumination can feel automatic, but there are practical steps you can take to interrupt the pattern. These strategies focus on shifting attention, changing thinking habits, and using simple, structured techniques to reduce repetitive negative thoughts.



Notice When You're Ruminating

- Become aware when your thoughts start looping
- Ask, "Is this helpful?" or "Am I solving anything?"

Awareness is the first step toward breaking the cycle.

Redirect Your Attention

- Shift your focus to something grounding or engaging
- Try a short walk, music, a simple task, or a conversation

Interrupting thoughts often requires a deliberate change in activity.

Reframe the Thought

- Identify unhelpful or self-critical thoughts
- Look for alternative explanations or a more balanced view

Reframing reduces self-criticism and prevents rumination from escalating.

Use Scheduled "Worry Time"

- Set aside brief time each day to think about worries
- If worries arise outside that time, remember they can wait

This practice helps contain rumination instead of letting it take over the day.

Return to the Present

- Use grounding techniques (notice what you see, hear, feel)
- Slow breathing or brief body scans can help

Focusing on the present moment reduces repetitive thoughts.

Engage in Healthy Distractions

- Physical activities, hobbies, cooking, or organizing
- Choose activities that require some focus

Activities that require focus shift your attention from looping thoughts.

Reduce Triggers When Possible

- Avoid long periods of inactivity or isolation
- Plan small, manageable tasks throughout the day

Long periods of inactivity or isolation can increase rumination.

With awareness and practical tools, it's possible to interrupt the cycle of rumination and regain mental clarity. For additional support and resources, reach out to the EAP or visit EAP4YOU.com.