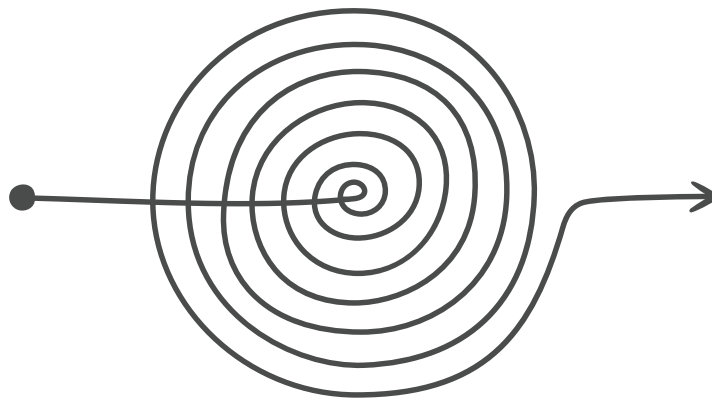


Understanding and Managing Rumination

Rumination is a pattern of repeatedly thinking about the same negative thoughts, memories, or worries without reaching a solution. It is a form of unhelpful, repetitive thinking that can keep people feeling stressed, low, or anxious.



Rumination can:

- Increase feelings of sadness, anxiety, guilt, and self-criticism
- Make it harder to solve problems or move forward
- Contribute to ongoing or worsening depression and anxiety
- Become a mental habit that feels automatic and difficult to stop

Common Signs of Rumination:

- Replaying past events or conversations over and over
- Repeated thoughts such as, “Why did I do that?” or “What’s wrong with me?”
- Feeling mentally stuck or unable to let go of a thought
- Going in circles without gaining new insight or relief

Why Rumination Happens:

- Rumination is often triggered by stress, conflict, mistakes, or strong emotions
- Rumination begins as an attempt to understand or fix a problem
- Rumination develops into a habitual response to stress over time

Strategies to Reduce Rumination:

- Noticing the thought pattern and gently redirecting your attention
- Challenging unhelpful thoughts by looking for a more balanced perspective
- Setting aside a brief, scheduled “worry time” rather than worrying all day
- Interrupting the cycle with an engaging activity such as exercise, hobbies, or conversation
- Using grounding techniques to bring attention back to the present moment
- Reaching out to the EAP for support if rumination is affecting daily life

Rumination is common, but when it becomes repetitive and unproductive, it can negatively impact well-being. With awareness and practical tools, it is possible to interrupt the cycle and regain mental clarity. For additional support and resources, reach out to the EAP or visit EAP4YOU.com.