

NEGATIVE THOUGHTS

RUMINATING THOUGHTS - FACTSHEET



Overcoming and managing ruminating thoughts are essential to growing and maintaining our physical and mental health. For more ruminating thought strategies, contact the EAP line on 1300 878 379



WHAT ARE RUMINATING THOUGHTS?

These are negative thoughts and feelings that are excessive and intrusive. Many individuals who have a mental health illness, such as depression and anxiety, can experience ruminating thoughts and feeling as though they have no control over them. Other ways that rumination thoughts can arise is following a traumatic experience, such as a breakup.

Having ruminating thoughts that are persistent can make increase the severity of mental health symptoms you may already be experiencing. Potential triggers for these thoughts can include:

- Low self-esteem
- Perfectionism
- A recent traumatic event
- An upcoming stressful event

HOW CAN I MANAGE RUMINATING THOUGHTS?

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To help alleviate ruminating thoughts, you can use these tips to gain a sense of control:

- **BECOME AWARE OF YOUR TRIGGERS**

By learning what sets off your ruminating thoughts, you can learn how to cope around them. With this, you can try to learn what actions you need to take to understand yourself and how to prepare for it.

- **EXERCISE**

Previous studies have found that those individuals who get out of the house and exercise can lead to a decrease in rumination symptoms. A simple walk outside can help with this.

- **DISTRACT YOURSELF**

To stop the ruminating thoughts that appear, distracting yourself with another task can be a perfect way. Activities such as puzzles can provide you with relief by being challenging as well as fun at the same time.

- **MEDITATE**

By regularly meditating, it can help you become more aware of your surroundings and build a deeper connection between you, your thoughts and your feelings. It can also help you build control over your thoughts which helps reduce the ruminating thoughts



- **FOCUS ON SELF ESTEEM**

Ruminating thoughts can often appear when you feel you have not done your best at an activity that you are passionate about. Instead, create a new way to build your self-esteem by becoming interested in more activities that are both fun and challenging for you

SUMMARY

In addition to these tips, therapy can also be another resource you can use to relieve the ruminating symptoms. If these tips do not help in decreasing your rumination thoughts and you are finding that you experience them daily which impedes on your day-to-day physical and mental functions, then it is advised to visit your GP or mental health professional. Mental health is just as important as physical health, so it needs to be treated just as seriously as a physical injury.