

## Rumination Worksheet pdf

- **Set your worry time.**
- **Pinch yourself whenever you indulge in rumination.**
- **Talk to your loved one or person you trust the most.**
- **Let go, do deep breathing.**
- **Practice mindfulness.**
- **Live in the present and stay close to reality.**
- **Take it as it comes, one step at a time, If there is any situation that requires your attention, prioritise and then manage.**
- **Maintain a diary for your own worry thoughts.**
- **Do something to keep you physically fit and busy.**
- **Engage in self care so that you can de-stress yourself.**
- **Learn something new, any hobby or any skill.**
- **Block your thoughts, know that you are thinking about it unnecessarily.**
- **Listen to music.**