

RESILIENCY

Resiliency In The Moment: Stop Spinning Your Wheels

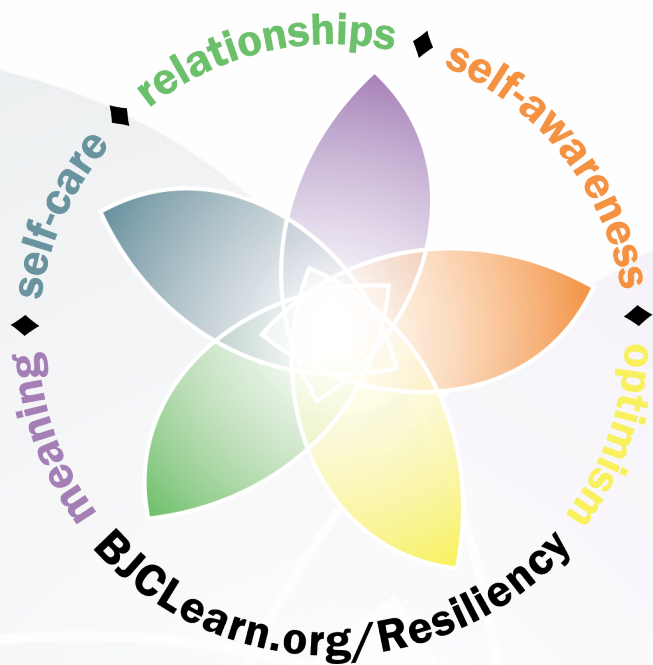
“Worry and rumination are the enemies to living in the present moment.”

- Anonymous

Convert Rumination into Problem Solving

1. Recognize the times you are focusing on the negative aspects of your past.
2. Make the decision to stop thinking about it and focus on something else, or...
Convert your rumination into a problem to be solved.

Rumination involves repetitively and passively focusing on symptoms of distress and its possible causes and consequences. Rumination may feel like you are doing something to solve the problem, but you are more likely to be critical of yourself. This self-critical perspective prevents you from finding effective solutions.



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