

RESILIENCE IN FOCUS

BREAK FREE FROM THE RUMINATION CYCLE TUNE IN OR TUNE OUT

What Is Rumination?

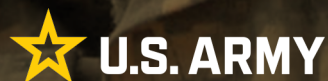
Rumination manifests as a repetitive loop of thoughts, often centered around "what-ifs" and "should haves." This thinking can lead to:

- Increased anxiety and stress.
- Depressive symptoms.
- Impaired problem-solving.
- Sleep disturbances.

Tune in With Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment.

- Practice mindful breathing.
- Perform a body scan meditation.
- Engage in mindful walking.
- Observe your thoughts.
- Challenge negative thoughts.



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