

Anti-rumination-activities

INSPIRATION LIST

ENJOY ACTIVITIES

Crosswords, puzzles, watching a film, cycling to the forest, walking the dog, relaxation exercise, playing music, talking on the phone, writing a letter, visiting a museum, ...

TACKLING ACTIVITIES

Following the news, washing up, ironing, calling the rental company, cleaning, organising cupboards, answering emails, going to the dry cleaners, ...

VALUE ACTIVITIES

Learning something new, discussing, yoga, relaxation, exercises, political or social engagement, sleeping ritual children, visiting aunt in rest home, ...
