

## Mental Rectal Part 1

# RUMINATION

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With Rhonda Andrews



### THE THREE PILLARS OF WELLBEING

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- *Physical wellbeing*
- *Mental wellbeing*
- *Emotional wellbeing*

*Allows us to be resilient, adaptable and agile, and able to deal with the different things that come onto our plate.*

### WHAT IS RUMINATION?

Rumination is focusing on something that's happened and looking at what caused it and how it made you feel, and then getting stuck in a thought pattern where you go over and over and over it, but you're actually not focusing on any solutions or actions that can help you move forward.

### TYPES OF RUMINATION:

- *Rumination around self-perception. Self-flagellation. "I'm an idiot."*
- *Ruminating about conflict, especially unresolved conflict. "You're an idiot."*



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**Keep in mind:** When you're stressed or exhausted you'll get triggered more easily, which can lead to more rumination.

**Did you know:** There is a negative correlation between self-confidence and rumination. More confidence = less rumination. (Basically - it gets better with time and skill!)

## WHEN IS IT THINKING AND WHEN IS IT RUMINATION?

Rule of thumb: Three times is enough. After three times, if you're rehashing the same thing and you're not coming up with anything you're going to do differently, then you're at risk of it becoming unhealthy.

**Note: A degree of self-criticism is healthy and necessary for growth.**

## WHAT TO DO ABOUT IT?

**Ask:**

Is this inside my control, or outside of my control?

**If it's within your control, ask:**

- Can I go back and improve on the thing that happened that I'm ruminating on? What could I do differently next time?
- What can I do better in similar situations next time?
- What can I do about this situation?
- If you're ruminating at night, make a plan: What's the first thing I'm going to do tomorrow?
- Focus on addressing the thing that's bothering you first, instead of avoiding it.

***"Eat your frog first."***



## IF IT'S OUT OF YOUR CONTROL THEN RUMINATING ABOUT IT JUST GETS YOU STUCK IN A CYCLE.

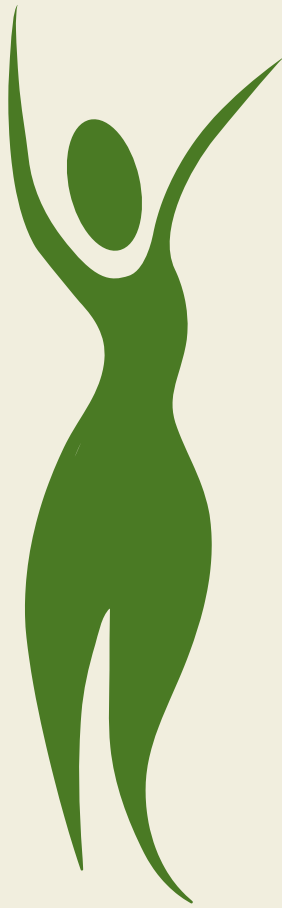
**How to break the cycle? Find the 'circuit breaker'.**

### **Examples of circuit breakers:**

- Some time off.
- An acknowledgement by someone or given to someone stuck in rumination that what are experiencing sucks.
- Celebrate the wins - alone and as a team.
- Regular debriefing as a team to pre-empt the things that could cause rumination and offload the stuff that you're ruminating on. (The 'purge')
- Talk about it during the day before you go home.
- Get someone else's perspective on it so you're not just dealing with your own perspectives.

### **Hubert's anti-rumination plan:**

- Get it out of your head: Write it down somewhere.
- Consider your motivations and intentions: Was I trying my best? Did I plan to make that mistake? Was I sloppy? Or was it just something that happened?



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### **Rhonda's rumination pro tips:**

- When asking "Can I control this?", ask what exactly is the 'it' that I can control? I can't control what the customer said, but I can control what I said to the customer, and how I react to what was said.
- **Shrinking your problems** by comparing problems: What's the worst thing that could happen to you today? Now, compared to that, how bad is this thing?
- **Pick one thing.** There are a million things that you could have done better and could do better in the future. Don't try to fix them all at once.