



# Pause, Reset, Nourish: Managing Thoughts

## WHEN TO USE

- When you find your thoughts are interfering with your daily functioning (e.g. trouble sleeping, difficulty focusing)

## CATEGORY

Thinking or Cognitive Strategies

## THE SCIENCE BEHIND THIS PRACTICE

Our thoughts, feelings, and behaviours are linked. We have evolved to have incredible “thinking abilities,” which can sometimes actually increase our suffering depending on what we are focusing on.

## OVERVIEW

This practice will provide some reflective questions that can help us manage distressing thoughts and/or shifting our focus.

<p><b>WHAT IS NEEDED</b></p>	<p>No tools needed, but it is helpful for your to write your thoughts down in order to reflect on them, that can support you in this practice.</p>
<p><b>PAUSE</b></p>	<p>Take a full, deep breath, and focus your attention inward. What do you notice in your thoughts, emotions, and body sensations? Do you notice signs of anxiety, anger, restlessness, etc. or signs of detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, what color are you: green, yellow, orange, or red zone?</p>
<p><b>RESET</b></p>	<p>Pick a thought that is creating distress for you. If you like, write it down.</p> <p>Ask whether this thought is serving a useful purpose right now. Is this thought serving you well or would adjusting the thought help? Consider one of the reflections below.</p> <p><b>Check the facts:</b></p> <p>Is the thought true? If you are not sure consider the evidence FOR and evidence AGAINST that thought. When examining this evidence, can the thought be revised to something more realistic, more helpful?</p>

	<p><b>So What:</b></p> <p>Imagine if the thought came true/happened. What is the worst case scenario? What is the best case scenario? What would help you cope in each of these scenarios?</p> <p><b>Locus of Control:</b></p> <p>Assess the thoughts/situation. Is what you are worrying about within your control? Can you do anything to change it?</p> <p>If yes, make a plan.</p> <p>If no, ask yourself whether thinking about it is helping or hurting. If it is hurting, what will help you let the thought go?</p>
<p>NOURISH</p>	<p>Pausing once again, NOTICE how you feel (physically/emotionally) with curiosity, not judgement. You may wish to repeat the practice.</p> <p>Acknowledge yourself for the hard work you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p>
<p>FURTHER RESOURCES/ REFERENCES</p>	<p><a href="https://exploringyourmind.com/5-cognitive-behavioral-intrusive-thoughts/">https://exploringyourmind.com/5-cognitive-behavioral-intrusive-thoughts/</a></p>

**NOTES/SPECIAL CONSIDERATION:**

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.