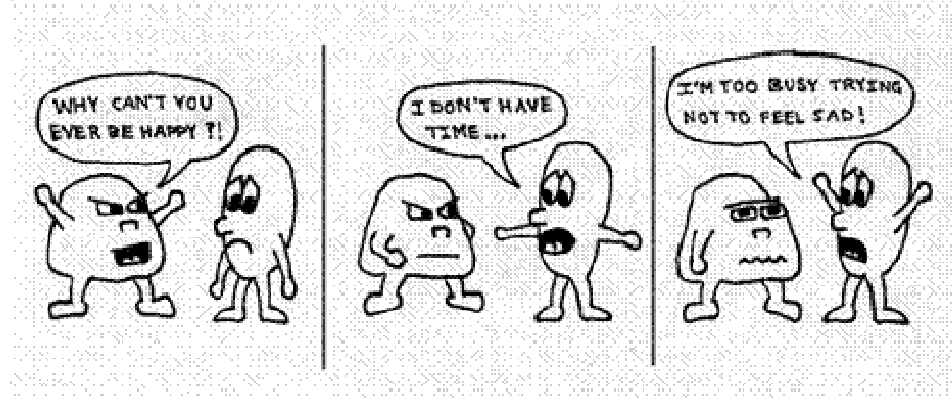

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Dealing with troubling thoughts

Patients may often report a battle to get rid of thoughts or feelings that they find distressing or unpleasant.

Sometimes the very action of trying to push these thoughts or feelings away can lead to even more distress, or life being taken over by this battle.

There are times when experiencing thoughts or feelings for what they are (**mindfulness and acceptance**) may help a patient move forward.



Mindfulness can be described as:

"Consciously bringing awareness to you're here-and-now experience, with openness, interest, and receptiveness" – Dr Russ Harris

Mindfulness strategies can be useful when someone is:

- Worrying about the future
- Ruminating about the past
- Having difficulty coping with distressing emotions/thoughts in the present

For more information visit www.contextualpsychology.org

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