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How to Stop Spiraling Thoughts

You can stop spiralling thoughts by:

1. Recognising your tendency to spiral downwards.
2. Being on the alert by checking in on yourself so you can recognise when your feelings are heading south.
3. Trying to take action to break out of the negative spiral as soon as possible. The longer you wait, the more fixed in your mind those negative thoughts become and the harder it is to break out of the spiral.

Tools you can use include: challenging negative thoughts, reframing, distraction, amplifying the positive, gratitude, ask yourself what went right today.

4. Anticipating that you are going to have down days (everyone does) and planning ahead.

For example, keep a list of activities you can do to help distract yourself (as well as activities that fill you up), so you have ideas on hand when you need them. Your list may include activities such as exercising, socialising with good friends, going for a walk, getting out into nature, escaping into a good movie, or talking (verbally processing) through problems with a confidant. Focusing on one of your passions can also get your mind off any negative thoughts.