• Learn to control intrusive thoughts by finding occupations which require concentration.

• Develop/engage in hobbies / enjoyable pastimes

• Look at how to recognise the beginning of a rumination, and explore ways to stop this progressing.

• Look at ways of returning to the present – an object or procedure to concentrate on can help.

• A safe place can be useful, particularly an internalised one.

• A coping mechanism for a particular trigger can be useful.