

# Working with Thoughts

## Class Summary

- We can change the default mode of our brains due to neural plasticity, our brain's ability to adapt
- Neural plasticity is possible because neurons that fire together, wire together, meaning you become what you practice
- If you practice worrying, you'll become very good at it
- Rumination, that is to replay our worries to ourself, has a compounding effect on our emotions & our mental health
- Rumination makes us more likely to suffer from anxiety and depression
- Rumination is our brain trying to work out the solution to a problem
- Sometimes we ruminate about events in the future, a sense of anticipation of what might be. This is us trying to find a solution to the problem that hasn't even arisen yet
- Research shows that we spend half of our adult lives either ruminating about the past or worrying about the future
- It is important for our mental health to stop the cycle of rumination and to give our minds a rest. Practicing this training before we feel anxious or depressed, we build resilience, but it can also relieve pre-existing anxiety & depression
- In practice, we first learn to notice when thoughts arise, then we'll learn to recognise them for what they really are, just a thought
- You are not your thoughts and your thoughts are not you. You don't have to believe them