

Reliving negative moments is called rumination, which is the act of dwelling on distressing thoughts and negative events in a continuous loop. For some, this can be a symptom of a condition like Post-Traumatic Stress Disorder (PTSD), where it can be a vivid and involuntary re-experiencing of a past trauma through flashbacks, nightmares, or distressing images.

What is rumination?

- Repetitive thinking: Rumination involves endlessly replaying past events, conversations, or mistakes in your mind.
- Negative focus: This type of thinking often focuses on negative feelings and emotions, leading to a downward spiral that worsens mood and can contribute to feelings of hopelessness.
- Unhealthy coping: It can be a harmful habit that can contribute to mental health problems like depression, anxiety, and substance abuse.

When to seek professional help

- If you are constantly reliving negative moments or if the memories feel overwhelmingly intense, it could be a symptom of PTSD.
- If you find that rumination is negatively impacting your daily life, it can be helpful to speak with a mental health professional, as it is strongly associated with conditions like depression and anxiety.

How to cope with negative moments

- Become aware: Pay attention to your thought patterns to recognize when you are ruminating.
- Distract yourself: Break the cycle by doing something engaging, like calling a friend, reading a book, or doing a puzzle.
- Challenge your thoughts: Instead of accepting negative thoughts as facts, try to look for alternative explanations.
- Set aside time to think: You can try setting a specific, limited time to think about a problem or a negative event, and then make a conscious effort to move on from it afterward.