

Waking Up from our Thoughts

Class Summary

- **When we recognise thoughts for what they are, just a thought, then we can separate ourselves from them, rather than let them consume us**
- **And by naming them, we disarm them. We no longer have to believe them**
- **We do this in formal practice, but you can take this practice into your everyday life, as you become more aware of your thoughts**
- **By first noticing and then naming thoughts, we can then return back to reality and live our lives in the present moment, rather than in the past or the future**
- **This breaks the cycle of rumination, developing resilience to anxiety and depression, as you prevent psychological stress from being extended throughout your brain and body**
- **Having thoughts is natural, so don't blame yourself for having them, it's what minds do, they think**
- **By noticing and naming thoughts, we train our minds to be less reactive to the stressors in our lives**