Black Cockatoo
MEN'S COUNSELLING

WHEN YOUR MIND FEELS BUSY

Practical ways to quiet the mental noise and find your next step

SLOW THE NOISE. FIND YOUR FOCUS.

You don't have to solve everything in your head, all at once.

A busy mind can jump between worries, plans, memories and unfinished tasks.

The aim isn't to stop every thought. It's to notice the noise and choose what needs your attention.

NOTICE THE MENTAL TRAFFIC

Pause and name what's happening: worrying, judging, replaying or racing ahead. Naming it can create a little distance.

LET JUDGEMENTS FLOW BY

Thoughts about being 'bad' — or deciding someone else is — are thoughts, not facts. Notice them without acting on them. Let them pass like leaves on a stream.

GET IT OUT OF YOUR HEAD

Write down the thoughts and tasks competing for attention. You don't need to organise them perfectly; just get them onto paper.

CHOOSE ONE NEXT STEP

Ask what matters most right now. Pick one small action and give it your attention before moving to the next thing.

MOVE THE ENERGY

When thoughts are racing, change what your body is doing. Walk, swim, cycle or exercise. Instead of powering through your thoughts, power through the pool.

COME BACK TO THE PRESENT

Feel your feet on the ground. Relax your shoulders. Take a slow breath out, reduce the noise around you and notice what is happening now.

YOU DON'T HAVE TO FOLLOW EVERY THOUGHT

Some thoughts are uncomfortable, unfair or unhelpful. You can notice them without believing them or acting on them. Let them flow by, then bring your attention back to what matters.

MAKE IT REAL THIS WEEK

When your mind gets busy, try one reset: write it down, let a judgement pass, or move your body for ten minutes. Notice what shifts.

A THOUGHT TO TAKE WITH YOU

"You have power over your mind — not outside events. Realise this, and you will find strength."

Marcus Aurelius, Meditations, 4.3 (translated wording varies)

A LIGHTER THOUGHT

·It's okay to give your mind a rest.
The world can wait a few minutes.·

A little reminder: not everything needs doing now.

Some ideas in this sheet are informed by Acceptance and Commitment Therapy (ACT), including cognitive defusion: noticing thoughts without automatically treating them as facts or instructions. Acknowledgment: Dr. Russ Harris helped popularise ACT through his 2009 book, ACT Made Simple.