

COGNITIVE SHUFFLE

A useful technique for interrupting rumination,
especially good for trying to fall asleep.

1
Step 1: Choose a Word
Pick any random word - for instance STOP

2
Step 2: Start with the first letter
Now think of 5 random words that begin with the first letter of your word (e.g. speed solstice single sip salty)

3
Step 3: Repeat for each letter.
So think of 5 T words, 5 O words, 5 P words

4
Step 4: Continue until you drift off
Use the last random word from the last letter to begin again

NOTE: keep it gentle, effortless and calm, and keep the words playfully random - don't engage in any narrative or try to link the words in any way (that's the part of the brain you are trying to disengage)