

Box 5.7 An example of ‘unhelpful’ and ‘helpful’ strategies for managing worrying or unwanted thoughts from a 53 year old female diagnosed with insomnia

Unhelpful	Helpful
<ul style="list-style-type: none"> • Listening to the radio: short circuits natural rhythm, might not always have one available, on waking head feels singing, is a prop • Suppress the thoughts (remember the white bear experiment) • Worry and rumination • Avoid thinking traps <p>= these strategies are associated with the non-resolution of worries and can even make them worse</p>	<ul style="list-style-type: none"> • Evaluate the thought using the negative automatic thoughts form • Distract with interesting and engaging imagery • Let the thoughts and images come and go, This is the opposite to suppression (you might find you get bored of them and so they stop bothering you) • Keep a journal to promote emotional processing and resolution of worries and concerns (but in another room, before bedtime) • Get involved in or consumed by feeling snug and warm • Make a ‘to do’ list before bedtime