**Noting/Labelling**

“Ah, thinking”

Then guiding yourself back to the present moment

The senses help with this: noticing sounds, sights, smells, sensations, the breath

**Labelling:**

“Ok, that’s worrying mind”

“Ah, that’s judging mind”

“That’s ruminating mind”

**Self-talk interventions**

“Thank you mind”

“It’s ok to have this thought”

“Is this thought helpful or unhelpful?

**Breath and body intervention:**

Coming back to the breath, noticing sounds, sights, smells, sensations