OVERTHINKING

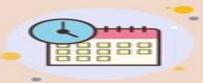
& ANXIETY

How to Stop Both



SCHEDULE "OVERTHINKING TIME"

Schedule 20-30 minutes of "overthinking time" in your daily calendar. This will help you postpone your worrying and will also limit the amount of time you do it.



2 INTERRUPT OVERTHINKING

The next time you're overthinking, stop and change focus. For example, play your favorite song or a funny video, call a friend, walk around your building, or do anything else that will move your attention away from your thoughts.



LOOK FOR A SOLUTION

An anxious mind loves to think, think, think. Another way to stop overthinking is to each time consider if there is a solution to the thing you are thinking about. Ask yourself "how can I solve this problem", and then try to come up with at least one possible solution.



EXPRESS YOUR THOUGHTS & THEN QUESTION THEM

Another great technique to stop overthinking and relieve anxiety is to regularly express your thoughts in a journal and then question them. For example, the next time you catch yourself overthinking, write down your thoughts for the next 10 minutes. Then review what you've written and begin to question these thoughts by asking yourself for at least one piece of evidence that the thought you are thinking is true. This can help you positively change perspective and relax the mind.



5

RETURN TO THE PRESENT

When you're overthinking, you're either ruminating about the past or worrying about the future, which means that you're not in the present moment. So, one of the most effective strategies to help you stop overthinking and relieve anxiety is to practice returning to the present moment. You can do this through techniques such as deep breathing, meditation, yoga, walking, spending time in nature, and gardening.



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