

# 10 WAYS TO STOP OVERTHINKING

When you overthink, your judgments get cloudy and your stress gets elevated.

You spend too much time in the negative.



## AWARENESS IS THE BEGINNING

You need to learn to be aware of when it is happening. If you find yourself feeling stressed or anxious, step back and look at the situation.



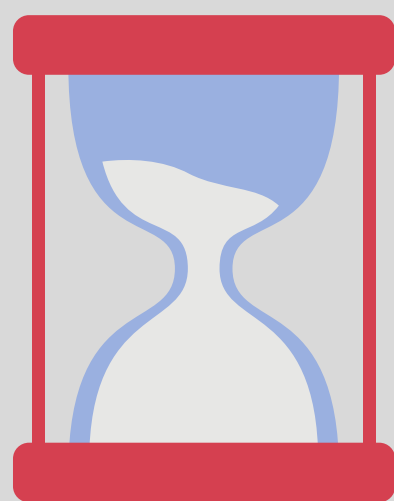
## DON'T THINK OF WHAT CAN GO WRONG, BUT WHAT CAN GO RIGHT.

When you focus on all the negative things that might happen, it's easy to become paralyzed. Next time you sense that you starting to spiral, stop. Visualize all the things that can go right and keep those thoughts present and up front.



## DISTRACT YOURSELF

It is helpful to distract yourself with happy, positive, healthy alternatives, such as mediation, exercise or painting. It can make you distance yourself from the issue enough to stop the over analysis.



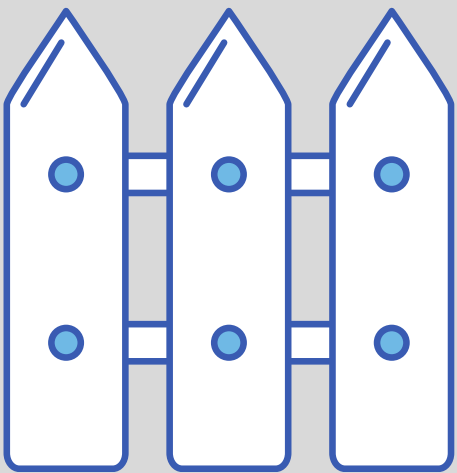
## PUT THINGS INTO PERSPECTIVE.

It's always easy to make things bigger and more negative than they need to be. Next time you find yourself overthinking, ask yourself how much it will matter in a few years. Changing the time frame can help shut down the thoughts.



## STOP WAITING FOR PERFECTION

Being ambitious is great but aiming for perfection is unrealistic, impractical, and debilitating. The moment you start thinking "This needs to be perfect" is the moment you need to remind yourself, "Waiting for perfect is never as smart as making progress."



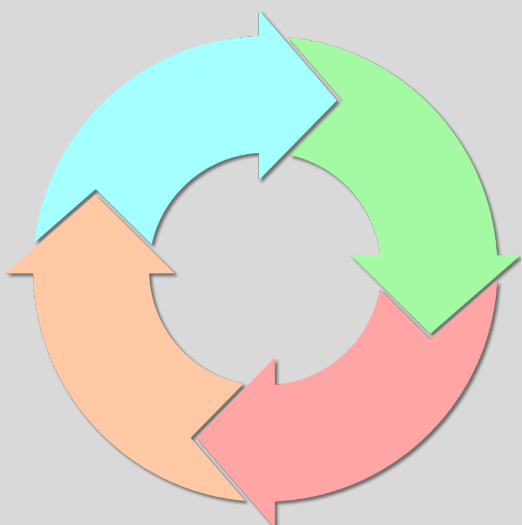
### DON'T PREDICT THE FUTURE

Spending time worrying about the future is simply not productive. Spend that time instead on things that give you joy.



### BE GRATEFUL.

Every morning and every evening, make a list of what you are grateful for. Get a gratitude buddy and exchange lists so you have a witness to the good things that are around you.



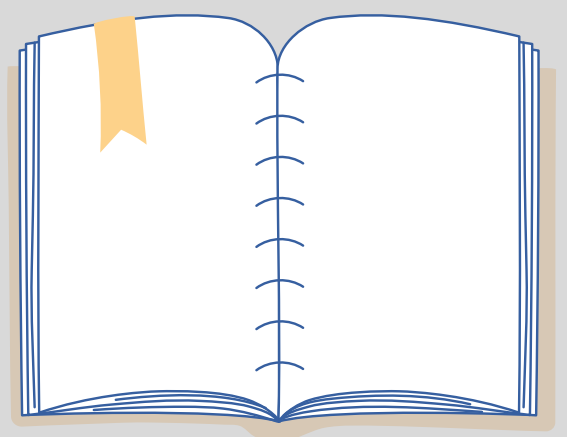
### GIVE YOURSELF A BOUNDARY

Set a timer for five minutes and give yourself that time to think and worry. Once the timer goes off, spend 10 minutes writing down all the things that are worrying you, stressing you, or giving you anxiety. When the 10 minutes have passed, throw the paper out and move on to something fun.



### ACCEPT YOUR BEST

The fear that grounds overthinking is often based in feeling that you aren't good enough. Once you've given an effort your best, accept it as such and know that while success may depend in part on some things you can't control, you've done what you could do.



### CHANGE YOUR VIEW OF FEAR

Whether you're afraid because you've failed in the past, or you're fearful of trying, remember that just because things did not work out before does not mean that has to be the outcome every time. Remember, every opportunity is a new beginning, a place to start again.