

What can I do if I can't stop

# OVERTHINKING?

Why do we overthink? Human beings are naturally inclined to seek solutions to problems. Overthinking isn't helpful in solving problems, it will only lead you to more overthinking. Therefore it's important to **LET GO**. Below you will find a number of tips / techniques to help you dealing with this. Do not give up if it doesn't work immediately, try again later or combine different tips / techniques.

- ✓ **Search for DISTRACTION**  
Distract yourself by focusing your attention on something else and / or by doing something active.  
*E.g. Take a walk, immerse yourself in a book, call a friend, work out, take a shower, solve a puzzle ...*
- ✓ **Limit overthinking in TIME and SPACE**  
Increase control over your overthinking by scheduling an overthinking moment. An overthinking moment is a fixed moment (15 to 20 minutes) in the day at a fixed time and place that you reserve to think.  
*E.g. After dinner, in a specific room and on a specific seat.*
- ✓ **WRITE it down**  
Writing helps you to express your worrying thoughts and to get a better grip on what you worry about.  
*E.g. Use a diary in which you can share all your worries in an inventory.*
- ✓ **Teach yourself to RELAX**  
Relaxed people overthink less. Relaxation exercises can help to give your body and mind the necessary relaxation and tranquility.  
*E.g. Relaxation, breathing exercises (slowing down breathing, abdominal breathing), ...*
- ✓ **TEST your worrying thoughts**  
Write down what you are overthinking about, question it and track irrational ways of thinking. By having them written down and challenged, you break the worrying circle and your thoughts become more realistic.  
*E.g. Is this true? Does this thought help me forward? What shows that this thought is true / false?*
- ✓ **Take ACTION through the worry-tree**  
The worry-tree helps you to map your worrying thoughts and to deal with them.  
*E.g. see backside for the exercise*

## RECOGNIZE WORRYING THOUGHTS

"What am I worrying about"

.....

.....

.....

.....

**DO I HAVE AN INFLUENCE ON THAT?  
IS THERE A SOLUTION?**

**NO**

**Let the worries go**



**Search distraction:**

Focus your attention on something else

*or*

Write it down

*or*

...

**YES**

**ACTION: make a plan**  
what? When? How? ...



**NOW**

**DO IT!**

**LATER**

**MAKE A PLAN**

*and*

**let the  
worries go**