

NO MORE OVERTHINKING Guide & Worksheet!

Hi, there!

I'm **Katrina!**

As a podcaster, writer, speaker and mindset coach, I empower people to utilize the most powerful tool we have, which is the mind. I do this by helping them learn how to control their thoughts, and emotions.

I am so happy that you decided to take the steps towards alleviating overthinking from your life, by downloading the **NO MORE OVERTHINKING GUIDE & WORKSHEET.**

Here is what you will discover with this guide & worksheet

- The information you're missing that's causing you to overthink
- Some of the techniques I use when I feel overwhelmed and stuck
- Some simple yet powerful tips that I follow, to stop overthinking in its tracks

NO MORE OVER THINKING GUIDE & WORKSHEET

The information you're missing that's causing you to overthink:

Let me begin by saying, if you are an over-thinker, you are not alone. Many people experience overthinking, but why do we over think and what can we do to stop over thinking. Don't get me wrong, overthinking is not something that will stop overnight. Nor is it a one time fix. Over time, by applying some principles, you can learn to stop overthinking in its tracks.

Have you ever wondered what the cause of your overthinking may be? Psychology reveals overthinking is the result of the brain being full of unimportant information, and that when overthinking occurs, it is because we are constantly thinking about negative things.

It could be something from the past or it could be something that has not yet occurred that we are worrying about. Studies show that overthinking can cause procrastination, and a less productive life.

It is also attributed to mental disorders, anxiety, stress and depression. Though overthinking may occur, it doesn't have to control your life.

Some techniques I use when I feel overwhelmed and stuck:

Overthinking can make a person feel overwhelmed and stuck.

- Though I am not an expert on breathing, I do know that when I take a moment to inhale and exhale deeply, it helps to relieve stress.
- I refocus my attention on what I can do, and let go of what I have no control over.
- I give myself grace, by reminding myself that I am doing the best that I can at the moment.

Here are some simple yet powerful tips that I follow, to stop overthinking in its tracks:

Talk Therapy

Speaking with someone you trust can be helpful. Whether it's a friend, family member or a professional therapist. With a little research you will find that there are many talk therapy resources available as well, including cognitive behavioral therapy.

Write Down Your Thoughts

The moment you recognize that you are overthinking a thing, is when it's time to get the thoughts out of your head and onto paper. Writing down your thoughts may relieve stress and help you to focus more on what you need to do to resolve any issues. I've provided this section here for you to start getting in the habit of putting your thoughts down on paper and getting them out of your head. Over time you can invest in a writing pad or journal to keep this process going.

Once you've put your overthinking thoughts on paper, I want you to decide if the thought is worth taking the time to resolve, or is it a thought that you need to immediately cross out because it serves no purpose.

Here's an example of an overthinking thought:

I hate that I left the food on the counter all night and I had to throw it out because it was spoiled. In this case, the fact that the food has been thrown away, means that it's a done deal! It serves no purpose to continue thinking about the fact that it was left out to spoil. This thought gets crossed out. ~~***I hate that I left the food on the counter all night and I had to throw it out because it was spoiled.***~~

On the other hand, if you are overthinking about an upcoming appointment for example, it may be worth taking time to sort out your thoughts about the appointment so that you can come to a resolution. In this case, you would write the appointment details, ask yourself do I want to attend the appointment or do I need to address an issue I might have in keeping the appointment etc.. The main thing to be aware of, is that you will have thoughts that serve no real purpose and thoughts that need specific attention. Crossing out what doesn't matter will hopefully help to manage overthinking.

Be Proactive

Implementing some of these healthy daily routines may help in keeping overthinking at a minimum as well as help to destress yourself:

- Prayer
- Meditation
- Reading
- Walking
- Regular Exercise
- Listening to music
- There are many other activities that can keep your mind productive, creative, and positive.

Whatever you do, make sure you're moving forward in life in a positive way, and remember, ***STAY INSPIRED!***