Overthinking
## 6 Coping Skills to Help with Overthinking

Mindfulness Meditation

- Practice present-moment awareness to focus on the here and now.
- Use guided meditation apps or mindfulness exercises to calm racing thoughts.

Journal Your Thoughts

- Write down overthinking patterns and challenge negative thoughts.
- Identify cognitive distortions and replace them with more rational thinking.
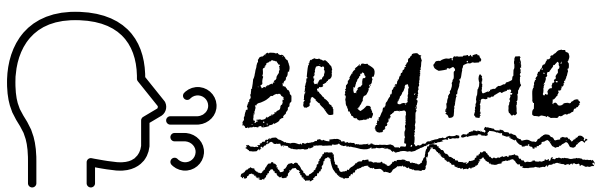
Practice Breathing Techniques

- Engage in deep breathing exercises to promote relaxation.
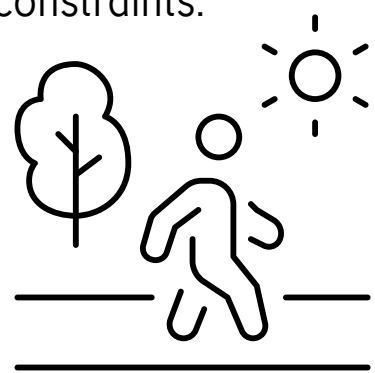
Practice Time Management

- Create a structured schedule to prevent overwhelming thoughts.
- Prioritize tasks and set realistic goals to reduce overthinking about time constraints.

Seek Social Support

- Seek support from trusted friends, family, or a therapist.
- Share your concerns and receive validation, advice, and perspective.

Engage in Regular Physical Activity

- Engage in regular exercise to release tension and boost mood.
- Choose activities like walking, yoga, or dancing that promote mindfulness.

Remember, our brain's job is to process information. So don't be hard on yourself when you find that you are overthinking. Try implementing these tools to help shift your thoughts back to the present moment.