

WEEK 2: INTERRUPTING THE OVERTHINKING CYCLE

For week two, we will start implementing the negative thought-stopping techniques discussed.

1. Be aware: Always be mindful of the validity of your thoughts.
2. Label them: When any negative thought comes up, name it and imagine watching it float away with time.
3. Replace the thought: Challenge unhealthy thoughts by choosing to dwell on their opposite positive thoughts.
4. Move: Try not to stay in the same place; change your scenery. Sometimes certain places evoke negative thoughts within us.
5. Journal: Write them down and move forward by focusing on something else.

Whenever you feel overwhelmed, try following breathing steps to regulate your body better:

1. Lie down or sit comfortably.
2. Get into a relaxed state.
3. Start breathing in through your nose, take your time, and watch your diaphragm rise as it fills with air.
4. Count to four or five while holding your breath-this gives your body time to deliver oxygen to different parts.
5. Breathe out slowly through your mouth. As you take your time to breathe out, envision yourself detoxing your mind and body, letting go of tension.
6. Repeat this process as much as you need until you feel better.

Alternate this exercise with a progressive relaxation muscle technique. Below are steps you can take:

1. Lie down or sit comfortably
2. Bring your focus to your body by closing your eyes.
3. Start tensing the muscles in your feet and then release the tension after a few seconds. Watch how they relax.
4. Progressively move through each part of your body, such as your legs, stomach, hands, chest, neck, and so on. Apply tension for five seconds and then release.
5. Make sure to take your time to breathe deeply during the process.