

OVERTHINKING & ANXIETY



Be **KIND** to yourself
We all do it.



Notice that you are doing it -
tune into your thoughts.



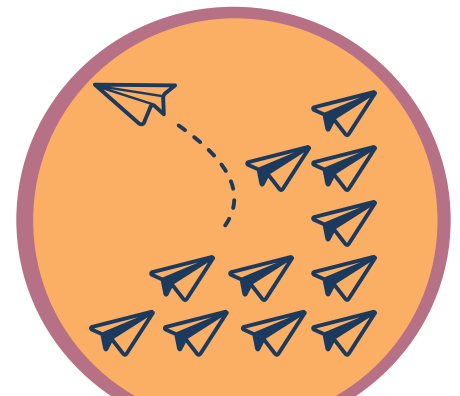
Remind yourself that no one
else is giving
this much attention.



Review your thinking
using the accountability
ladder.



Challenge your thinking
worst case and
evidence.



If you can't change your
THINKING change your
BEHAVIOUR.