



# Overthinking

**Overthinking is one of the greatest challenges for many of us in a world where our minds are always switched on. Here are a few things you should know:**

- **Random intrusive thoughts (without emotion attached)**

eg With the kids and it's hard to be present. This usually occurs because we are used to task switching all day with emails, social media etc. Try: Think of this as a muscle that needs strengthening. Choose blocks of time where you resist the urge to pick up your phone, or check out the practical tips in our Focus series.

- **Overthinking (high level of emotion attached)**

A mistake, a conflict, a break up, that you can't get off your mind and keep going back over. Try: Overthinking that has emotion attached needs air time and distracting yourself won't usually cut it. Grab a blank page and write (preferable to typing) to ensure you get away from 'half sentences' that occur in our thoughts. Describe the event or issue including what you were feeling before, during and afterwards. You may need to complete it several times until it's a 'boring' story.

- **Lying in bed and can't switch off thinking about tomorrow/ yesterday**

Try: First make sure you have had some reflective time before you head to bed otherwise your mind will take the chance when you are in bed. If it is still hard to switch off, Pick a journey you know well in your mind and visualise it step by step. Eg Walking to the bus or driving to work street by street in the same speed it would take in reality.