

ANGEL'S FRIENDLY COACHING

Stop Overthinking

ANGELIQUE MERCURIO



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Stop Overthinking

You finally have a few quiet moments to yourself, only to immediately start wondering if you forgot to send that thank-you email or whether you've overestimated your chances of getting the promotion.

Sound familiar? Worrying and overthinking are part of the human experience, but when left unchecked, they can take a toll on your well-being. Dwelling on the same thoughts may even increase your risk of certain mental health conditions

Step back and look at how you're responding

The way you respond to your thoughts can sometimes keep you in a cycle of rumination, or repetitive thinking.

The next time you find yourself continuously running things over in your mind, take note of how it affects your mood. Do you feel irritated, nervous, or guilty? What's the primary emotion behind your thoughts?

Having self-awareness is key to changing your mindset.

Find a distraction

Shut down overthinking by involving yourself in an activity you enjoy.

This looks different for everyone, but ideas include:

- learning some new kitchen skills by tackling a new recipe
- going to your favorite workout class
- taking up a new hobby, such as painting
- volunteering with a local organization

We are all telling ourselves stories. The question is, does your story empower you or hold you back?" The stories we tell ourselves about who we are impacted every aspect of our lives. Overthinkers may tell themselves, "I've always been a worrier" or "I'm just naturally more anxious than everyone else." These are stories that hold you back and can be especially hard to change if you've never asked yourself "Why do I overthink?"

To overcome your limiting beliefs, you need to first identify them. Then you can catch yourself when you start telling yourself these negative stories and replace them with positive ones, like "I am in charge of my emotions." Once you change your story, you'll change your life.

Overthinkers often focus on the past, expending energy on "what ifs" and "should haves." Those who understand how to stop overthinking know that the past is just that. It can't be changed. The only thing you can change is the meaning you give to it. Letting go of the past means you don't let your mistakes control your future decisions - and you don't let bad things that have been done to you control your emotions. You forgive others and let go of your anger. It's one of the most significant ways you can change your story.

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