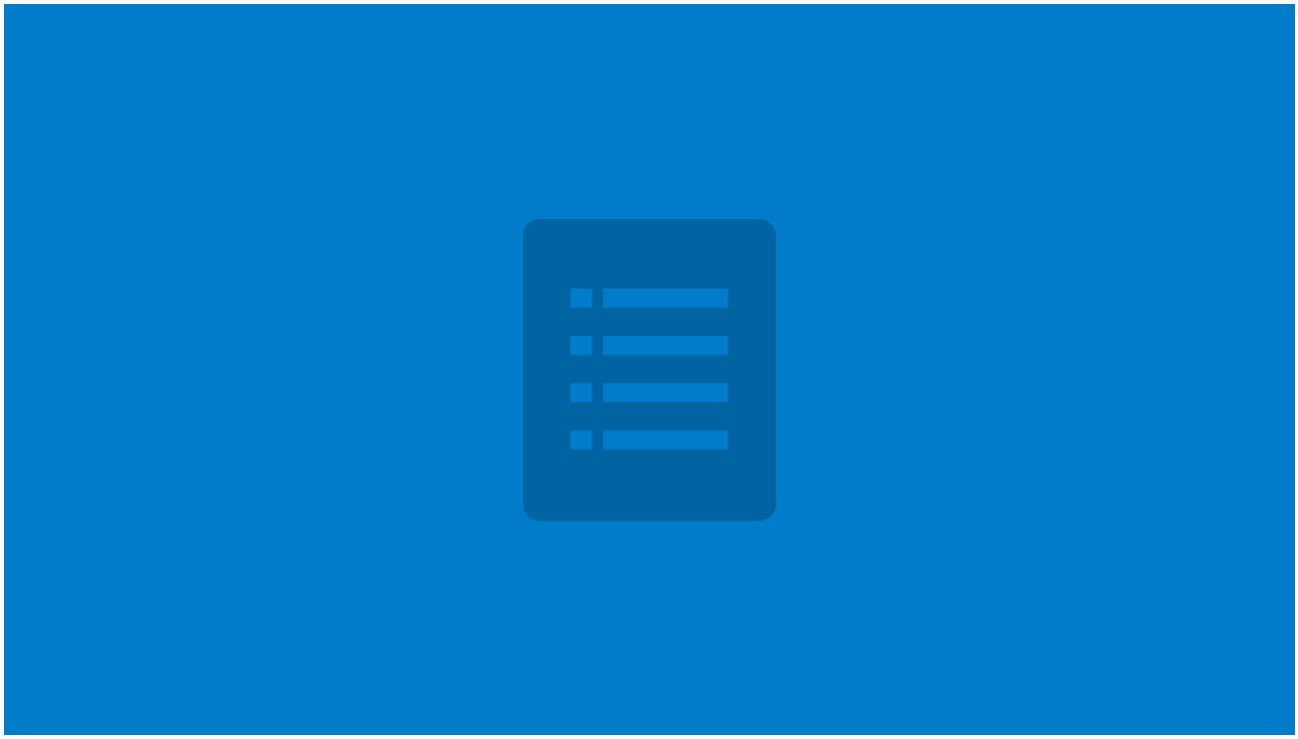
A Therapist's Guide to Stop Overthinking

Anxiety, worry, and overthinking can be incapacitating. Learn to stop overthinking, manage anxiety, and lessen worry with these therapist-approved tips.



- [ ] Name it to tame it. Interrupt the cycle of worry by acknowledging that you're feeling anxious or overwhelmed.
- [ ] Write down your worries.
- [ ] Allow yourself a set amount of time to worry.
- [ ] Acknowledge your fears and try to accept them.
- [ ] Practice self-compassion and respond with kindness when you make a mistake.
- [ ] Avoid the internet and social media, especially self-diagnosing, online research and product reviews, co paring yourself to others, and the news.
- [ ] Distract yourself by doing something different, moving to a new location.
- [ ] Learn to relax your body and mind with activities such as meditation, exercise, listening to soothing music, massage, using aromatherapy, etc.
- [ ] Let go of perfection. Strive for "good enough" rather than perfect.

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