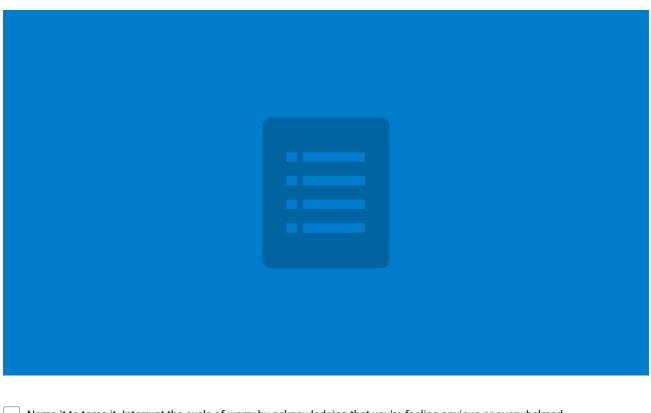
A Therapist's Guide to Stop Overthinking

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.