

Wellbeing Newsletter

“this world runs on overthinking.

Constantly analyzing the mind, emotion, and words.

Why can't we just feel and say and leave it be?”

-Atlas

Healthy Ways To Combat Overthinking...

Overthinking is one of our leading contributors to declining mental health in today's culture. Why could this be? We have more access to information readily at our fingertips and a platform that enforces comparison culture.

In order to understand our thinking patterns let's break it down into the three most common overthinking categories.

1: Rumination: Those who ruminate are often caught in a whirlpool of regret, guilt and Woulda, Shoulda, Coulda scenarios. It's dwelling on the past and getting stuck there.

Signs to watch out for:

- You fixate on negative feedback
- You often bring up past failures, setbacks or slip-ups in conversation with others.
- You're overly cautious, double or triple checking your work, because you want to avoid mistakes.

2. Future tripping: Those who are future tripping are concerned about what lies ahead. While some degree of anticipation is beneficial, future tripping can escalate to the point where it holds you back. The uncertainty of what might happen, the potential for failure, the fear of the unknown can make it a challenging form of overthinking.

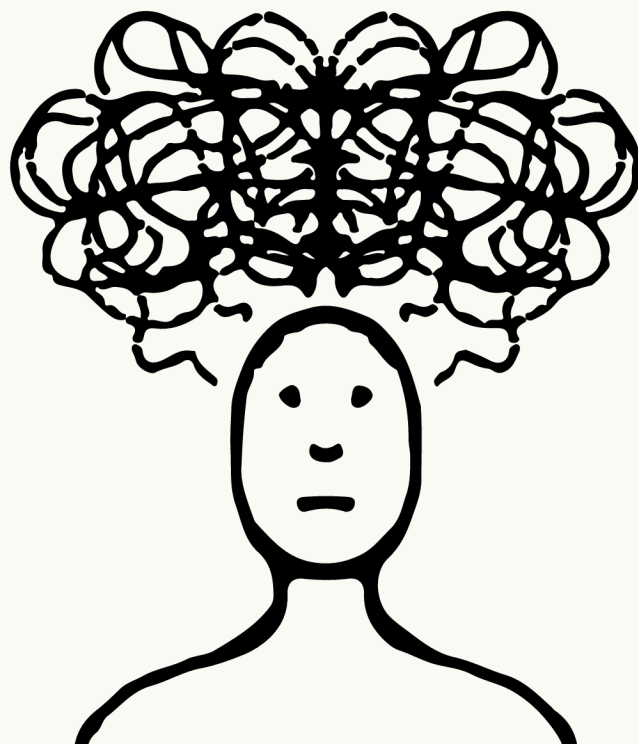
Signs to watch out for:

- You spend excessive energy planning for every possible scenario to feel prepared for any eventuality
- You find it hard to celebrate your success because you're always thinking about what's next.
- You often feel restless or agitated, driven by thoughts of outstanding to-do items.

3. Overanalysing: While rumination and future tripping are bound by time- one looking back and the other looking forward- overanalysing is centred on depth. It involves diving incredibly deep into a topic, thought or situation, often to the point of excess. While this can sometimes lead to profound insights, more often than not, it results in getting bogged down in details that might not be relevant.

Signs to watch out for:

- You procrastinate or delay taking action to research further
- You frequently seek out others' approval or confirmation, because you lack confidence in your own analysis.
- You have difficulty distinguishing between high-priority and low priority tasks, leading to a backlog of decisions.



How do we combat it?

Schedule "Worry time": Instead of letting rumination overrun your entire day, confine it to a manageable time slot- no more than 15-30minutes. Chose a time of the day that works for you but not before bed. Chose a spot; a specific chair at home or a bench at a park. Divide you're worries into ones you can control and ones you can't. For worries within your control, brainstorm possible actions or solutions. For example for a worry within your control managing it could be setting boundaries to help you achieve that like saying no to another commitment. Each time an uncontrollable worry arises try visualisation; imagine placing that worry in a helium balloon and releasing it to the sky.

Practice Grounding: For those who are future tripping: Grounding helps us remain in the present and resets our nervous system which can be affected by constantly worrying about the future. Sit in a chair upright and ground both feet, focus on the sensation of your feet touching the ground, focus on the sensation of each toe touching the ground. Work your way up the body, your lungs filling with air and your mouth pushing that breath out. Do this for 5-20minutes until you feel a sense of calmness.

Satisficing for the Overanaliser:

Instead of striving for perfection in your choices aim for "good enough" this approach is known as 'satisficing'. Once a decision meets your criteria and is satisfactory, you should go ahead with it, even if a potentially other option might exist.

Remember: Our goal is not to eliminate deep thinking but rather to prevent it from spiraling into the unproductive kind.