

1. Notice when you’re stuck in your head – when you’re replaying events over and over realise that this is not productive and stop.
2. Focus on problem-solving – thinking about problems isn’t helpful, if you have control over the outcome of the event then identify the solutions to its fix, if not then there is no point in worrying about it.
3. Challenge the thoughts – negative thoughts spiral. Ask yourself, what evidence do you have to prove your thoughts true? And what evidence do you have to prove it un-true?
4. Schedule time for reflection – you must try and stop overthinking for long periods of time, instead encorperate thinking time into your daily or weekly schedule. When you begin to overthink outside of your thinking time just remind yourself that you need to wait until your time.
5. Practise Mindfullness – you can’t overthink about the past or the future when you live in the present, mindfullness helps us do that. It is a skill and needs practise but overtime it decreases overthinking greatly.
6. Change your activity - telling yourself to stop overthinking doesn’t work, it just causes the thought to pop-up more often. To stop overthinking change your activity. Do some excersise, read or watch some TV, anything that puts an end to your thoughts.
7. Recognise your triggers – we experience thousands of seperate thoughts daily, but as little as one anxious thought can snowball and turn the whole day into worry and anxiety. Don’t avoid your triggers but research them and practise coping with them.