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## How to help a friend who overthinks

How to help someone who overthinks a lot. How to help someone who overthinks. How do you help someone who overthinks.

Do you have a tendency to think too much? When you enter rest, do you experience unjustified anxiety, worries and frustrations? Would you like to stop thinking? Here it is how you could do this! : - Start your day with a positive smile ThoughtsBerves your thoughts and emotionsPurge negative thoughts "relatively do not empower the things that are in addition to your control. So, let it be if it is to be and enjoy the moment. The words of Guru Mahsati A: great to trust at the moment and allow life to unfold around you. But if you are one too much, letting go and let yourself be like a Impossible dream. Overthinking is the habit of thinking too much and / or for a long time on something. Overthinking is also known as  $\hat{A} \hat{a} \hat{e} \sim \hat{A}$  "Animal paralysis  $\hat{A} \hat{e} \hat{a} \hat{e}$ " because thinking too much , you're getting stuck in your thoughts and stopping from acting. Healthy thinking, which is celebrated on the day of world thought, opens minds and celebrates growth and empowerment. But tips on the balance in state, impotence and mind that closed to positive opportunities. However, overthinking is happening around. The survey shows that overthinking is predominant between young people (25 to 35 years of age) and middle-aged adults (45-55 years of age). Overthinking tends to be worse among women. And much thought can lead to questions of mental health, such as depression and anxiety, emotional suffering and self-destructive behaviors. Typical behaviors of a hassle There is a comment on your head, criticizing and separating what you said and yesterday, terrified that looked bad - and worrying about a terrible future you could expect for you. Combing on your decisions, petrified you did the wrong, or procrastinating in the next. Analyzing what your friend or colleague really meant by this disposable comment or that the side look. Agonizing about what to post in social media, and in question when other people are having a better time than you, or get more likes. Read and reincindate texts to discover the true meaning of the message.  $\hat{A} \hat{e} \text{"} \hat{a} \hat{e} \text{"} \hat{e} \text{"} \hat{a} \hat{e} \hat{e}$  and  $\hat{a} \hat{e} \hat{a} \hat{e} \hat{e}$  and  $\hat{a} \hat{e} \hat{a} \hat{e} \hat{e}$  and  $\hat{a} \hat{e} \hat{a} \hat{e} \hat{e}$  Sitting on judgment about your life and thinking they want. Not sleeping well, because all the ruminants and worrying keep you awake at night. Feeling repenting and stirring for his perceived inadequates. Sometimes, drinking too much alcohol in an attempt to calm the tyranny of your excessive brain. Unable to be faithful to himself because you are so busy working out what other people need, they want and think. Understand why you think too much there can be many reasons why a person subscribed to things and another allows life cheerfully to happen. Some of the roots to overthinking can come from the beginning of life and experiences with their caregivers. When you have reached the developmental development of learning to exercise your own will and autonomy (age-take), as your parents dealt with you could determine your confidence in yourself and your skills. If a MollyCoddled parent you and not allow you to experience new things or have unique thoughts, you can begin to doubt your own thinking. Or, if a father was excessively critical and made you feel inappropriate whenever you created or did something new, you can begin to doubt your ability to act. Overthinking keeps you trapped in thinking without action. Your sense of identity may not have been mirrored when child. You may have to guess what your parents wanted to avoid punishment, perhaps, or to secure your attention. Over time, you will lose contact with what you really want and need and think. And you can fear shame or humiliation doing something publicly that can be criticized or convicted. This can lead to paralysis, doubt and fear of putting anything in action. To stop thinking on top if you want to bring your control over control, there are some effective strategies to help you: get out of your head this is the number one The cismar. Whatever it takes to get out of your head, do it. This can be the vigorous exercise, which takes you in your body, a quick walk in the park, or an activity that does not require that you think too much. This could be cooking, painting, making DIY, completing a puzzle that wants you to put it on the flowa and keeps you relaxed. Come to your senses to find ways to tune with your senses, with nice things  $\hat{a} \hat{e} \hat{a} \hat{e} \hat{a} \hat{e} \hat{a} \hat{e}$  To look, your favorite songs to hear, some scented candles to calm it down, cook your favorite food , or have a hot bath. Take care of your body and give your mind some time off. Be aware of conscious mindfulness can help you to reformulate your thoughts as just this: thoughts by the suits of facts. They can help you slow down your thinking and let your thoughts go through your mind like clouds on a windy day. Mindfulness can also help you be more present in What $\hat{A} \hat{e}$  is happening now, instead of projecting for the future. Ring-Fence Your time thinking that you do not have to stop thinking entirely. But instead of allowing your thinking to spread all your day, diarise some time when you are actively thinking, pondering and reflecting. Write down your thoughts instead of keeping your thoughts in your head, write them in a newspaper or start  $\hat{a}$ ,  $\hat{a}$ . Thoughts Jara where you can post your thoughts. That way, you wonás need to prend them. Trust your gut through all the years of guarding others and thinking, re-think and excess of thought, you may have muffled your own inner voice. You can not even know what it looks like. Trusting in your gut can take time and patience, tune yourself with your intuitive feelings can be a first step in acting in your own terms instead of being stuck in a loop cismar. Talking to a therapist if overthinking is ruining your life, and if you think it can be a spiral in depressed or anxious territory because of your thoughts, then talk to a therapist will support you in making sense of your world. Therapy can help build your self-identity and create stronger bases so you can live life now one by the Inversion of a worrying future. Therapeutic support is a phone call from the distance. Talk to the conscience centre $\hat{A} \hat{e} \text{'s}$  Reception staff at 020 8673 4545 to make an appointment with one of our therapists. You can also send e-mail info@theawarenesscentre.com I am a great overthinker. $\hat{a}$ , I analyze the crap out of things. I see the things of all the angles. Thinking ... I love it. And you probably also do. People like us like to think think of thinking. And pleasure in our imaginations. $\hat{a}$ , but here is the problem with overthinkers. Our minds get stuck in an infinite loop by the invention of advancing and taking action. We live in our thoughts instead of reality with the people around us. And we struggle with life at the present moment. If you are depressed you are living in the past, if you are anxious you are living in the future, and if you are in peace you are living in the present. Lao Tzu Overthinking totally affects our friends' ability. Overanalyze conversations and sabotage ourselves. And we ended up andfiltering overthinking much of what we say. We become prisoners of our thoughts. Instead of enjoying things as they are. So, here are 3 practical tips on how to stop thinking too much and start to be present at the moment. $\hat{a}$ , 1. Move your body the first thing is simple.white, when you overthink more your energy is going to your reel. So, change your energy into your body. Your arms, legs, breath, sensations, etc.Askiest thing is simply moves. $\hat{a}$ , change the position of the body, get up and do something physical. I like to walk around or even do a little dance. $\hat{a}$ , the reasons the physical Big is because it strengthens your mind to concentrate on your body and the task in your hands. Dancing, running, gardening, cleaning ...  $\hat{a}$ , even something as simple as stretching your arms or rubs your hands together. $\hat{a}$ , she gets him out of her mind and her body . 2. Reduce to Often we feel like our thoughts (and feelings) define us. "I think so I'm" right? Skiing! You are not your thoughts. Let's take your thoughts to what they really are. They are just random photos, sounds, words and stories passing through your mind. They may or may not be true. So do not believe it automatically. Do not automatically accept them as reality. In fact, you do not even need to pay attention to them. This is important for overiments. In psychology there is something called "Cognitive Defusion". The goal is to be thoughts instead of thoughts. To perceive thoughts, instead of being entangled in them. To zoom out and observe them from the third person. Imagine this: you're walking down a busy street. The street represents your mind. And each person represents a thought. You walk for hundreds of people every day. Some are legal, some are crazy. They see everywhere. Broken infancy, dysfunctional relationships, past failures, concerns of the future ... now let me ask you. Do you sit down and talk to all people? Become best friends? Suppose they all contain the truth? Do you think they love you? Of course not. It's the same with your thoughts. Hundreds will pass through your mind every day. But that does not mean that you have to get involved with each one. Some are good, some are crazy. They do not define you. Simple notice your thoughts, recognize them, maybe even say hi. But let the bad guys go through. The less attention we give them, more space we have for the good ones. 3. Sing Happy Birthday - What happens when there is a heavy thought that will not let go? For example, "I'm so loser, no one likes me." Here is a fun temptation to attack her. Sing your thoughts out loud for Happy Birthday Melody (Seriously!). Or ABC. Or Jingle Bells. or random notes. Whatever your fantasy. What this does is to change the normal context of your thoughts. Attacking bad thoughts with the joke can be very effective and liberating. The point is not necessarily to change as you feel, but to take off their power. Realize that these are thoughts, and what you do with them is with you. You can also try to tell them, "Slowly slowly (a word for breath) in a different voice (highly released, launched, Kermit), this exercise will help you pick it up. Your thoughts from a different perspective. Instead of being tangled in reality, they create. Background line: Remember, thoughts are just random images, sounds, words and stories passing through your mind. You are under control not your thoughts. Blog posts delivered. your inbox. Success! Now check your e-mail to confirm your signature. Enscription.

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