

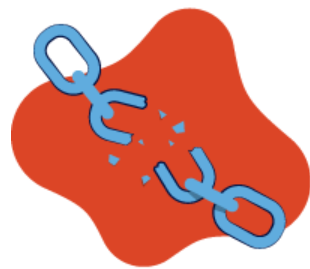


What's on your mind?

If you're like most people, you'll have around 6,000 thoughts today (give or take a few thousand). Unfortunately, about 75% of those thoughts tend to be negative, and 95% are just re-runs of the same ideas. Welcome to the world of overthinking! But what is expert thinking (or deep thinking)? When one overthinks, they are often stuck in this cycle of negative thoughts, resulting in anxiety and feeling drained. Deep thinking, however, stems from a place of curiosity. It means questioning, challenging beliefs, and constructively analyzing things.

What if we could turn that overthinking into expert thinking? Today, we will explore ways to break free from the spiral and learn to channel our thoughts into something productive. Let's dive in!

**Distraction: Break the overthinking loop**



When your mind starts to spiral, one of the best ways to stop overthinking is by distracting yourself with something engaging:

- Read, cook, or play a musical instrument
- Exercise- go for a walk, or try a quick workout
- Focus on something that pulls you out of your head.

**Reset your mind with deep breaths**



Deep breathing is a simple yet effective way to calm your mind and reduce overthinking.

Try the 4-7-8 technique (inhale for 4 seconds, hold for 7, exhale for 8)

- Get Comfortable: Sit or lie down in a relaxed position.
- Inhale: Breathe quietly through your nose for 4 seconds.
- Hold: Keep your breath held for 7 seconds.
- Exhale: Exhale completely through your mouth, making a whooshing sound, for 8 seconds.
- Repeat: Do this cycle 3-4 times to help calm your mind and reduce stress.

**Anchor yourself in the NOW**



Overthinking often happens when you're stuck in the past or worried about the future. Staying present can help you break free. Try these:

- Mindfulness- Take a deep breath and focus on your surroundings. Notice the colors, sounds, and sensations around you.
- Grounding exercises-Name 5 things you can see. Identify 4 things you can touch. Listen for 3 sounds around you. Recognize 2 scents in the air. Focus on 1 taste in your mouth.

**Acknowledge your successes**



The goal is to shift to a positive perspective. Overthinking makes us overlook our achievements, so try this:

List 5 things you accomplished last week. Whether it is cleaning your room or sticking to a budget- write it down. Seeing your wins in front of you can lift your spirits!

Revisit the list whenever you start to spiral.

It's not about stopping your thoughts- but about steering them in a positive and constructive direction. We hope these hacks help you take your first step in the direction of expert thinking!

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