How to Stop Overthinking in Six Steps

by QUIN HOSKINS

Six Ways to Stop Overthinking Everything

Are you an overthinker? I am. I’m overthinking this article. It’s hard having to write about overthinking.

What am I doing here? What do I know about overthinking? How many words will be enough? How many tips? Oh god. I’m sitting here overthinking overthinking. Help!

I need to chill out. Seriously, I do. I need to sort the wheat out from the chaff. I need to get outside of myself and look at this in another way.

Okay, I’m starting to feel better. You want to stop overthinking everything? Here's some tips.

1. Lose the Fear

Look at a small child — they never overthink things. That stuff is taught, brainwashed into you.

You are taught to condition your actions or words to conform to what others might think. This often means going against your own instincts, causing a struggle inside where you end up overthinking it and not actually doing it.

It’s like a politician basing their every move on opinion polls. Kids don’t do that. They just act.

When you start overthinking it, ask yourself what a little kid would do. They would trust their gut. Do that.

2. There Are Two Types of People in the World: Doers and Wannabe-Doers

Wannabe-doers don't become doers because while the other guy is off the blocks and running, they're still wondering if their shoelaces are tied correctly. They don't want to trip and fall, after all.

Oh wait, he's just finished. Dammit. There's no point in even starting now.

Moral is, once you take the first step, you've become a doer rather than a wannabe. That's addictive and feels good. Don't sweat it, just do it.

3. Do You Remember That Kid's Book *Charlie and the Great Glass Elevator*?

In the book, they're all in an elevator rising higher and higher above the earth. They can see their house, their street, their town getting smaller and smaller below them.

That's the point. Imagine you're in that elevator rising above your problem. It's getting smaller, becoming less significant. From this height it's really no problem at all.

Point here: Small stuff doesn't need much thinking over. Right?

4. Stop Saturating Yourself With Info

Sometimes less is more right? How many times have you stared at a thousand different types of bread in the supermarket? Or stressed about which of the hundreds of TV channels to watch?

Do yourself a favor and limit yourself a little more to what feels good. Don't be overwhelmed.

5. Love and Trust Yourself

If you believe in yourself, you know you're on the right path. It goes back a little bit to tip #1 — trust your own judgement. Positive self talk for depression should already be a part of your life — now apply that to overthinking.

Whatever you did in the past has gone. Be kind to yourself and forgive yourself for past mistakes rather than ruminating on them. Give yourself the respect you deserve in dealing with the future. You’ve got this!

6. Lose Yourself

Watch a funny movie. Go for a run. Hang out with your dogs. Get into the kitchen and whip up a soufflé. Whatever floats your boat.

The idea is to just get away from things, even for a short while. When you come back to things you never know — it might not be worth grinding your head over anymore.

So there you go. It's all about giving yourself balance, really. Being nice to yourself and not trying to second-guess others. If you can do that you're all good.