

16 Surefire Ways to Curb Overthinking & Calm your Mind

1. Breathe- use 3-7-8 breathing method
2. Ask: Why am I struggling to decide?
 - Someone else's happiness?
 - Emotional connection?
 - Fear of making the wrong choice?
3. Ask: what will happen if I choose wrong?
 - How will each decision change my life?
4. Pretend that one choice doesn't exist
5. Talk it over with a friend
6. Take a walk or go for a run
7. Meditate on it
8. Pray on it
9. Refuse to think about the topic for 24 hours
10. Sleep on it
11. Have coffee with a friend
12. Read a book on the subject at hand
13. Write down a pro-con list
14. Take a bath, or a long shower
15. Go on a long weekend and decide to make a decision when you come home
16. Work in your garden
17. Talk to a counselor

