

# Overthinking

## EMERGENCY PLAN



### I know I'm starting to overthink

- |                                                             |                                                                |
|-------------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> I replay conversations.            | <input type="checkbox"/> I keep changing my mind.              |
| <input type="checkbox"/> I keep researching the same thing. | <input type="checkbox"/> I reread texts or emails.             |
| <input type="checkbox"/> I ask for reassurance.             | <input type="checkbox"/> I struggle to focus on anything else. |
| <input type="checkbox"/> I can't make a decision.           | <input type="checkbox"/> My body feels tense.                  |
| <input type="checkbox"/> I imagine worst-case scenarios.    | <input type="checkbox"/> I can't fall asleep.                  |
|                                                             | <input type="checkbox"/> Other:                                |



### My brain usually tells me...

"My biggest 'what if' is..."

"When I'm anxious, I tend to believe..."

"I usually worry that..."

## Things that actually help me

### Help my body

- ☐ Go for a short walk
- ☐ Stretch
- ☐ Deep breathing
- ☐ Drink water
- ☐ Eat something
- ☐ Take a shower
- ☐ Weighted blanket
- ☐ Other:

### Help my mind

- ☐ Journal
- ☐ Read
- ☐ Puzzle
- ☐ Listen to music
- ☐ Brain dump
- ☐ Guided meditation
- ☐ Coloring
- ☐ Other:

### Help me feel grounded

- ☐ Go outside
- ☐ Hold something cold
- ☐ Pet an animal
- ☐ Call someone safe
- ☐ Wrap up in a blanket
- ☐ Make tea
- ☐ Light a candle
- ☐ Other:

## Things that usually make my overthinking worse

- |                                                            |                                                              |
|------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Googling                          | <input type="checkbox"/> Staying up late thinking            |
| <input type="checkbox"/> Asking multiple people for advice | <input type="checkbox"/> Trying to find the "perfect" answer |
| <input type="checkbox"/> Replaying conversations           | <input type="checkbox"/> Comparing myself to others          |
| <input type="checkbox"/> Staying on social media           | <input type="checkbox"/> Other:                              |
| <input type="checkbox"/> Avoiding the decision             |                                                              |

## What I need to remember

"I don't need to solve..."

"I've handled uncertainty before when..."

"Right now, the kindest thing I can do for myself is..."



## My Personal Reset Menu

If I have...

2 minutes:

10 minutes:

30 minutes:

A whole evening



## My Support People

People I can reach out to:

1.

2.

3.



## My Reminder

Write yourself one sentence for the next time you're caught in an overthinking spiral.