A calmer mind is a brighter you

MINDTHEORY

A CALMER MIND A BRIGHTER YOU

Less Overthinking More Living

How to Stop Overthinking

UNDERSTAND YOUR BRAIN. CHANGE YOUR PATTERNS. LIVE LIGHTER.

1 The Brain Science

WHY YOUR BRAIN OVERTHINKS

Your brain isn't broken — it's doing its job. Overthinking often comes from two key brain mechanisms:

Default Mode Network (DMN)

The DMN is active when your mind wanders. It helps with self-reflection and future planning, but can also get stuck in loops of repetitive thoughts about the past, future or 'what ifs'.



A brilliant brain. Sometimes just a bit too loud.

It's a feature, not a flaw.

Negativity Bias

Your brain is wired to notice and remember threats more than positive experiences. This kept our ancestors safe, but today it can make you overthink and expect the worst, even when you're safe.

2 Problem-Solving vs. Rumination

SAME THINKING SKILLS. VERY DIFFERENT OUTCOMES.

Problem-Solving	Rumination (Overthinking)
Focused on finding solutions	Stuck on repeating the problem
Action-oriented	No action, just mental loops
Looks at facts	Magnifies worst-case scenarios
Time-limited	Can go on for hours or days
Helps you move forward	Leaves you feeling anxious and drained



Same mind. Different direction.

3 3 Practical Techniques

SIMPLE TOOLS FOR A CALMER MIND.

1 Cognitive Defusion

CREATE SOME DISTANCE FROM YOUR THOUGHTS.



Notice your thoughts without getting pulled in. Try saying "I'm having the thought that..." instead of "This is true."

Thoughts are mental events, not facts.

2 5-4-3-2-1 Grounding

BRING YOUR MIND TO THE PRESENT MOMENT.

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Ground in the now. It quiets the what ifs.

3 Worry Windows

SCHEDULE YOUR WORRY TIME.



Set aside a specific 10–15 minutes each day to worry. When worry shows up outside that time, gently remind yourself: "Not now, I'll think about this during my worry window."

Contain the worry, reclaim your day.

4 Key Takeaway

YOU CAN'T STOP EVERY THOUGHT.
BUT YOU CAN CHANGE YOUR RELATIONSHIP WITH THEM.

A calmer mind leads to a brighter you.

SMALLER THOUGHT LOOPS. A BIGGER, BRIGHTER LIFE.