

Declutter Your Mind

Tools to Tame Your Anxiety and Overthinking



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POLL QUESTION #1

Do you experience any of the following?

- Trouble sleeping
- Feeling nervous
- Feeling irritable
- Increased heartrate
- Difficulty concentrating
- Feeling helpless
- Obsessively thinking

POLL QUESTION #2

With which of the following do you identify?

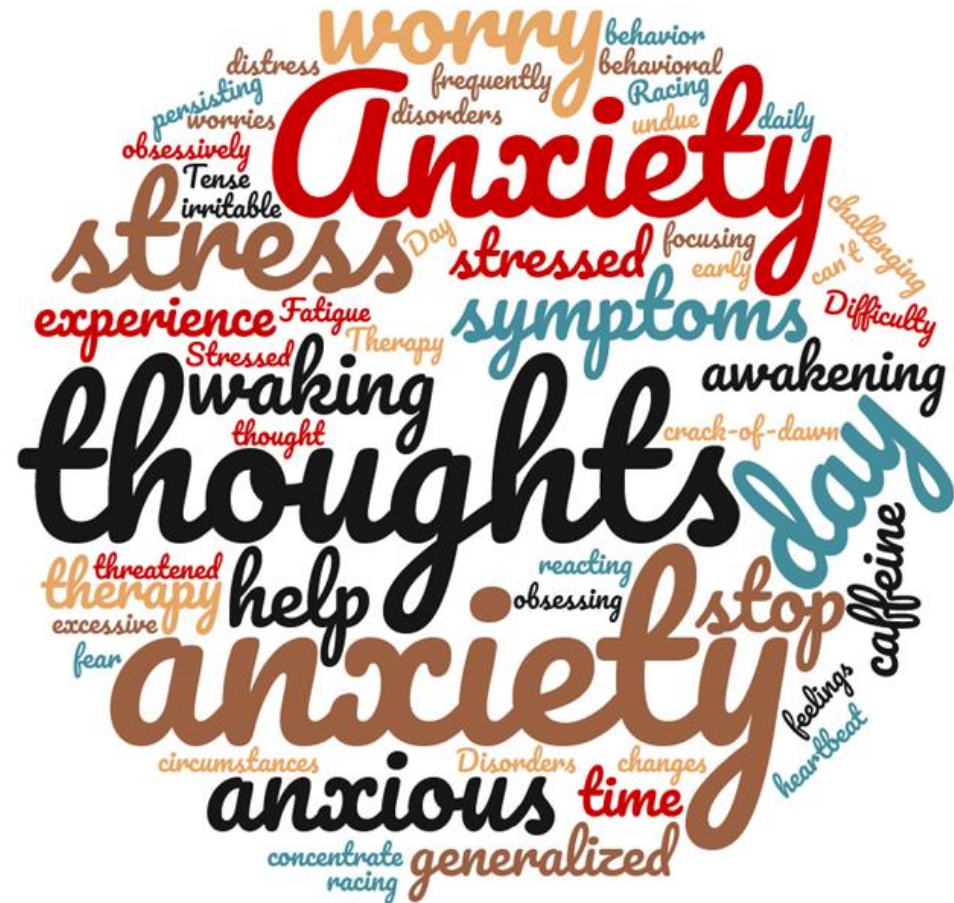
- Dwell on the past
- Second-guess decisions
- Replaying mistakes
- Fixate on situations
- Imagine the worst-case scenario
- Lose sleep because you can't turn off your thoughts
- Always questioning – Never deciding

ANXIETY, WHAT IS?



OCCASIONAL ANXIETY

- Emotion
- Feeling of . . .
 - Fear
 - Worry
 - Stress



ANXIETY DISORDER

- A condition in which anxiety does not go away
- Gets worse over time
- Interferes with daily activities
- Difficult to control
- Last a long time



Image by: Campus Time; Sunahra Tanvir

WHAT IS OVERTHINKING?

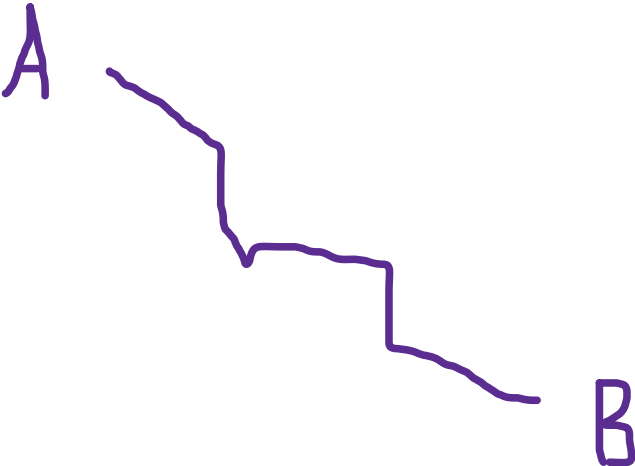
Rumination (n.)

– *"obsessional thinking involving excessive, repetitive thoughts or themes that interfere with other forms of mental activity."*

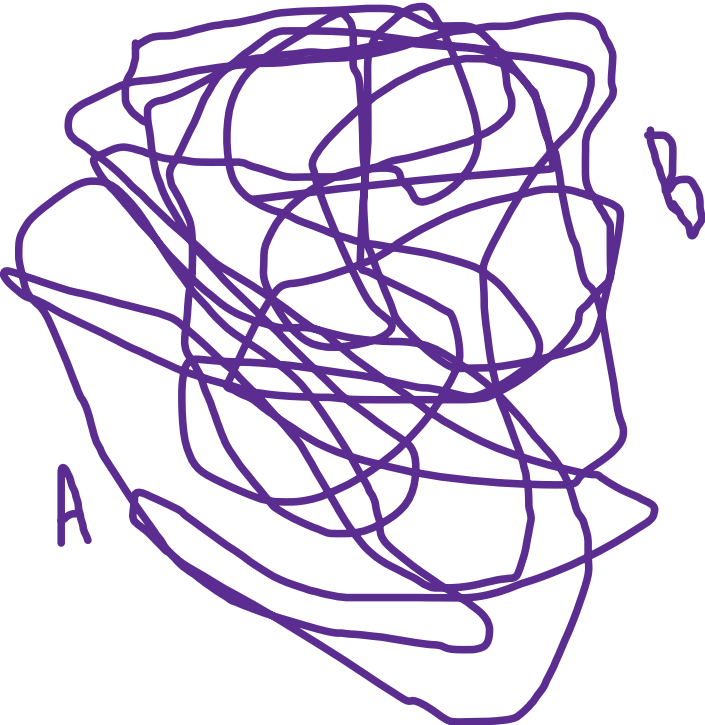
- American Psychological Association Dictionary

OVERTHINKING vs PROBLEM-SOLVING

Problem-Solving



Overthinking



ANXIETY & OVERTHINKING: ARE THEY RELATED?

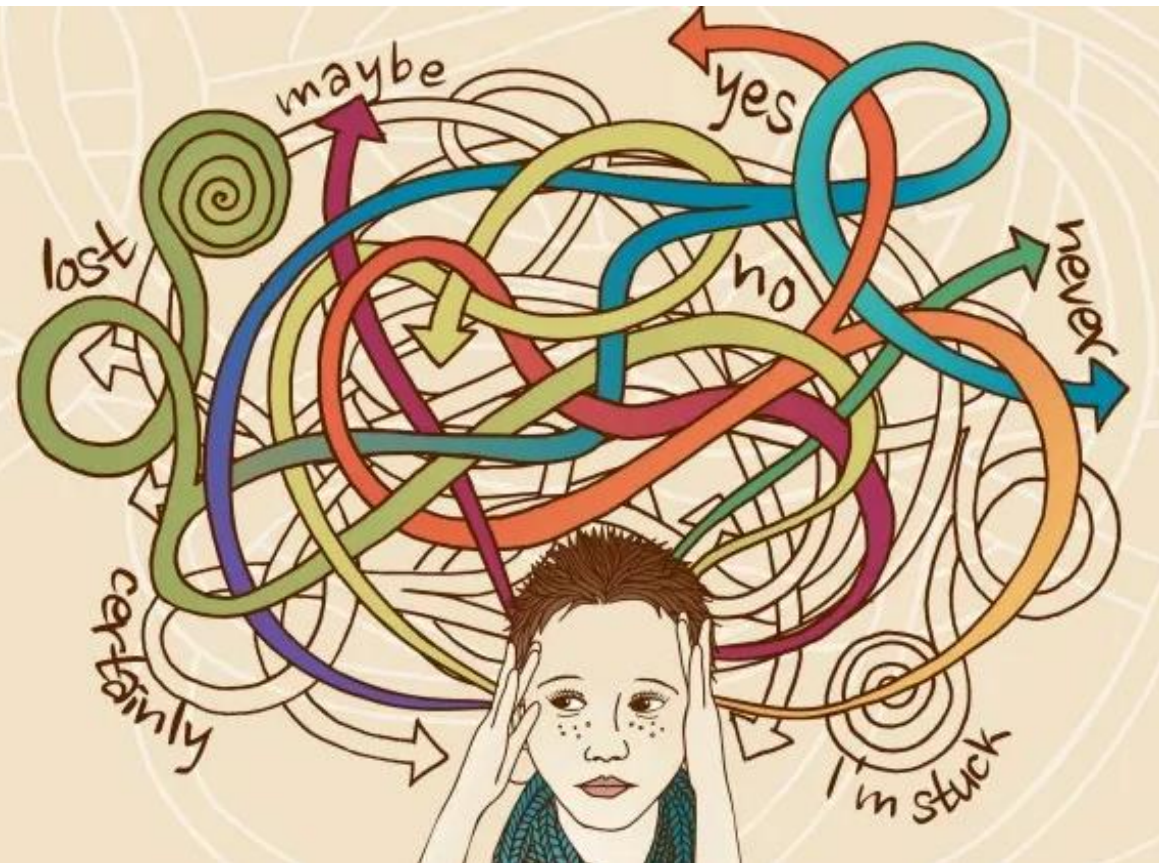


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Everyone overthinks at times.

Overthinking can be linked to anxiety and/or depression.

Some people overthink AND have anxiety,

Not everyone who overthinks has anxiety.

SIGNS & SYMPTOMS

SYMPTOMS OF ANXIETY

- Lack of focus
- Feeling nervous
- Feeling irritable
- Restless
- Increased heartrate
- Difficulty concentrating
- Feeling helpless
- Obsessively thinking



Image by Examine

SIGNS OF OVERTHINKING



Image by Dema Biofani from Pixabay

Dwelling on past events or situations

Second-guessing decisions

Replaying your mistakes

Rehashing uncomfortable conversations

Fixating on things you can't control, change, or improve

Imagining the worst-case scenario

Chasing worries out of the present into past or future

Inability to sleep because rerunning things in your brain

Always questioning – Never deciding

TAME THE ANXIETY & OVERTHINKING

MAINTAIN PHYSICAL HEALTH

- Sleep



- Nutrition



- Physical Activity



- Stress and Cortisol Levels





CALMING RESET



Deep Breathing or Belly Breathing:

1. Sit comfortably and relax your shoulders
2. Put one hand on your stomach and one on your chest
3. Breathe slowly and deeply through your nose so that the hand on your stomach rises, not the one on your chest
4. Purse, your lips gently, as if you were going to whistle
5. Now breathe out slowly through your pursed lips, while at the same time you gently contract your abdominal muscles.
6. Let the air flow out slowly, DO NOT Force it out.
7. It should take you twice as long to exhale as it does to inhale.
8. If you feel lightheaded, you are breathing out too fast.

REFLECT IN SILENCE

5-4-3-2-1 Exercise

- 5 – Things you can see
- 4 – Things you can physically feel
- 3 – Things you can hear
- 2 – Things you can smell
- 1 – Thing you can taste

OTHER TOOLS FOR ANXIETY

- Write down thoughts and feelings
- Forgive someone
- Listen to calming music



Image by Experience Life by Life Time

CATCH YOURSELF OVERTHINKING

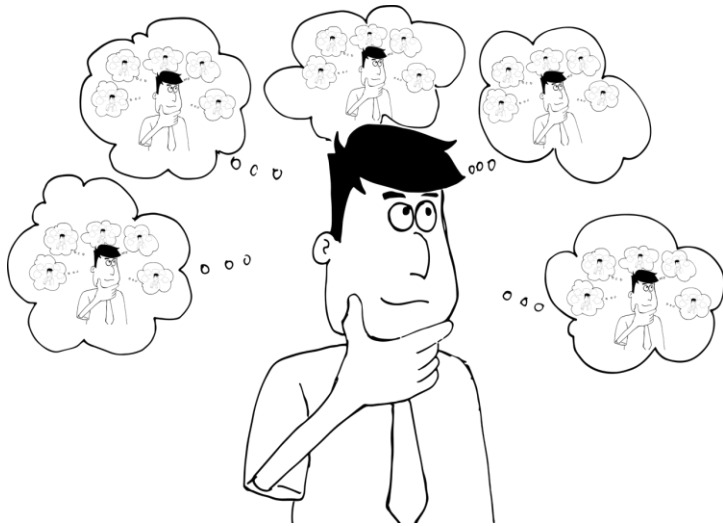


Image by Gordon Johnson from Pixabay

- Overthinking is a habit – it has become mental muscle memory
- Work to pay attention to your thoughts – it will take time
- When you put are aware that you are overthinking, you can put one of the tools into practice.

SUPPORT SYSTEM CHECKUP



Image by Gerd Altmann from Pixabay

- **PEOPLE** you trust
- **PLACES** you feel safe or free
- **THINGS** you find comfort in
- **BELIEFS** that ground and give you meaning
- **ACTIVITIES** that calm or reenergize you

REWRITE THE SCRIPT

- How would you respond to a friend?
- Consider all the proof
- Remember your successes
- Find a more balanced thought

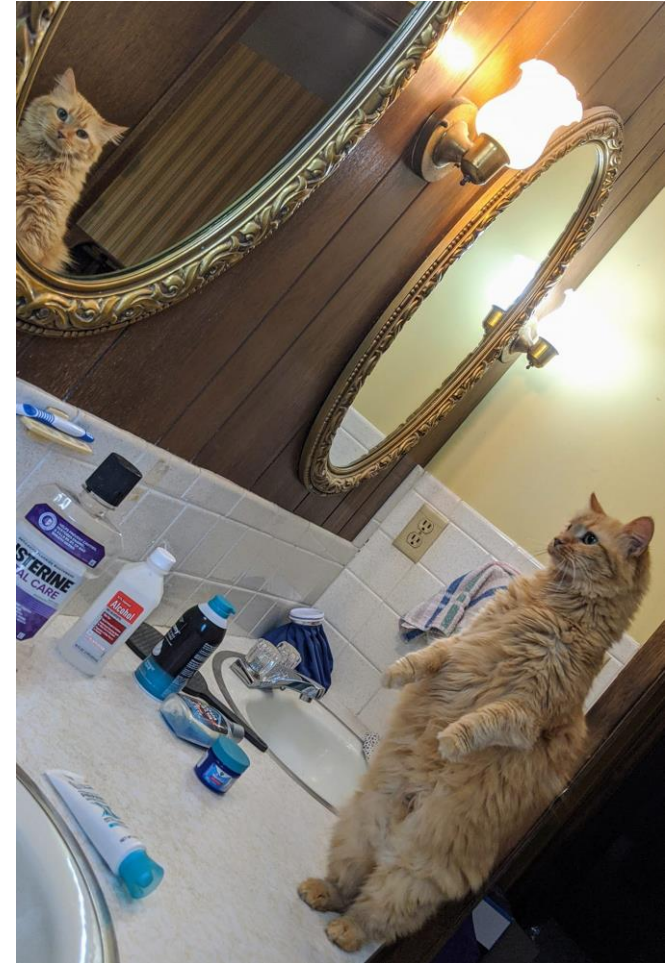
ORIGINAL THOUGHT:

"I'm going to mess this up!"

IMPROVED THOUGHT:

"I've done this before, and it worked out."

PRACTICE & BE PREPARED!



*"I'm good enough, I'm smart enough,
and doggone it, people like me."*

OVERTHINKING BREAK

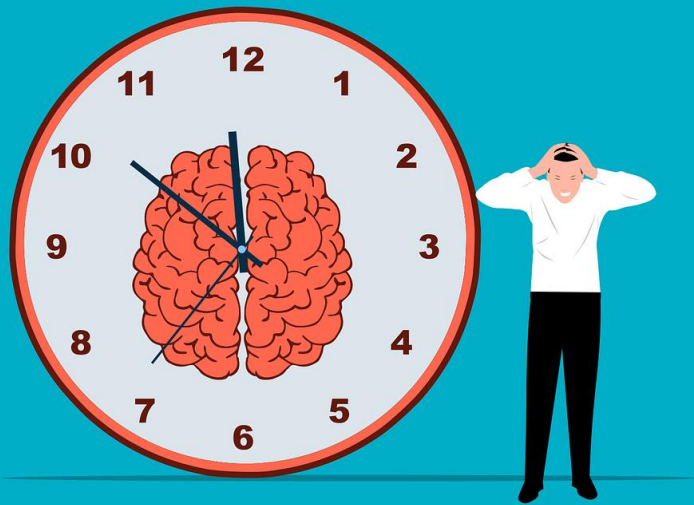


Image by Mohamed Hassan from Pixabay

- Validate your feelings
- Make it a specific time
- Put it on your calendar
- Limit it to 20-30 minutes
- Set a timer
- Think about whatever you want during this time
- Move on when time is up
- Interrupt the overthinking by refocusing

PROFESSIONAL HELP

PROFESSIONAL HELP

When should you seek professional help?

- Symptoms are chronic
- Interferes with daily activities
- Personal and professional relationships suffer
- Sleep issue – too much or too little
- Stop doing things you enjoy
- Feeling worthless or self-loathing
- Isolate yourself from others
- Decline in physical health
- Suicidal thoughts



Image by Gerd Altmann from Pixabay

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Through your employer for benefit-eligible employees and their family members.

The EAP provides:

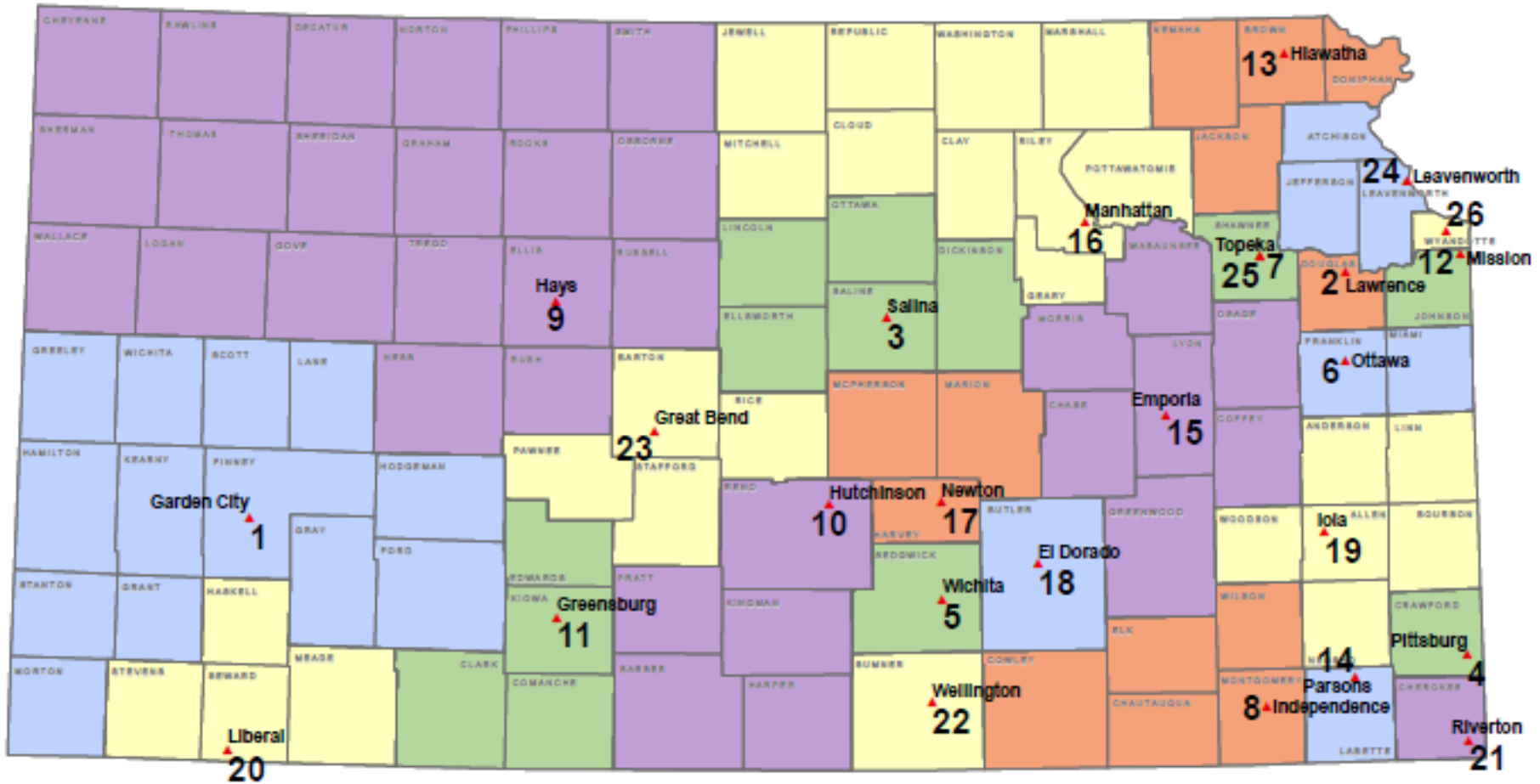
- Information
- Short-term counseling
- Advice
- Referrals

from licensed professionals.



Image by Gerd Altmann from Pixabay

COMMUNITY MENTAL HEALTH CENTERS OF KANSAS



IT'S OKAY TO ASK FOR HELP

National Suicide & Crisis Lifeline



Call or text
988

IT'S OKAY TO ASK FOR HELP.

Crisis Text Line

Text a trained crisis counselor, 24/7.

Always **CONFIDENTIAL**.

Always **FREE**.



Need Help Now?
TEXT "START" TO 741-741

Crisis Text Line has processed over 20 million texts to date!

QUESTIONS?

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THANK YOU FOR JOINING US TODAY!