


A woman with dark, wavy hair is lying in bed, looking off to the side with a thoughtful expression. She is wearing a ring on her finger. The background is softly blurred, showing warm, golden light. The text "3 Micro-Resets for Over-Thinking" is overlaid in white serif font on a semi-transparent dark background.

# 3 Micro-Resets for Over-Thinking

A woman with dark, wavy hair is lying in bed, looking off to the side with a thoughtful expression. She is wearing a dark top and has a ring on her finger. The background is softly blurred, showing warm, ambient lighting. Three semi-transparent text boxes are overlaid on the image, containing a quote about overthinking.

*Ever find yourself replaying that one conversation...*

*...or preparing for problems that don't exist yet?*

*That's overthinking pulling you out of the present.*

The background image shows a cozy, dimly lit interior. A warm-toned lamp with a brass base and a conical shade sits on a dark wooden desk. Next to it is a small glass vase containing two vibrant red roses. In the foreground, an open calendar with a grid layout is visible, featuring a red square and a red 'X' on specific dates. The overall atmosphere is intimate and contemplative.

*Try this 3 micro reset:*

🌿 ***Park your worries aside***

- *Instead of letting them trail through your whole day, set a short, intentional time — perhaps 15 minutes — to face them.*
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- *Write them down, decide what can be done, and let the rest wait.*
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- *You're not ignoring them — you're simply giving them gentle boundaries.*

A close-up, warm-toned photograph of a hand holding a silver pen, writing in a notebook. The notebook pages are filled with handwritten text, though it is slightly out of focus. The lighting is soft, creating a contemplative atmosphere. The text is overlaid on a semi-transparent dark box.


## 🌿🌿 Identify & question your thoughts

- When your mind races ahead or loops around the past, pause.
- Write down what's on your mind.
- Gently ask: What's making me think this way? Am I assuming? Am I taking it too personally? Does it truly matter as much as I feel it does?
- This soft self-inquiry helps loosen overthinking's grip.

A close-up photograph of a person's hands crumpling a piece of paper over an open book. The book is lying flat on a dark wooden desk. The person's left hand is holding the paper, and their right hand is crumpling it. The background is blurred, showing more of the desk and the book's pages. The lighting is warm and soft, creating a calm and focused atmosphere.

## 🌿🌿🌿 Let your actions clear your mind

- Crumple the paper and throw it away — physically release the thought.
- Let your mind follow the rhythm of your hands as you do something simple and calming.
- Your thoughts don't have to disappear completely — they can simply rest in a softer place

A woman with dark, wavy hair is smiling and looking off to the side. She is holding a large bouquet of white flowers. The background is dark with warm, out-of-focus lights, suggesting a night scene. The overall mood is serene and romantic.

Save this for the next time your  
thoughts feel heavy. 🌿💧

@theElementofCalm