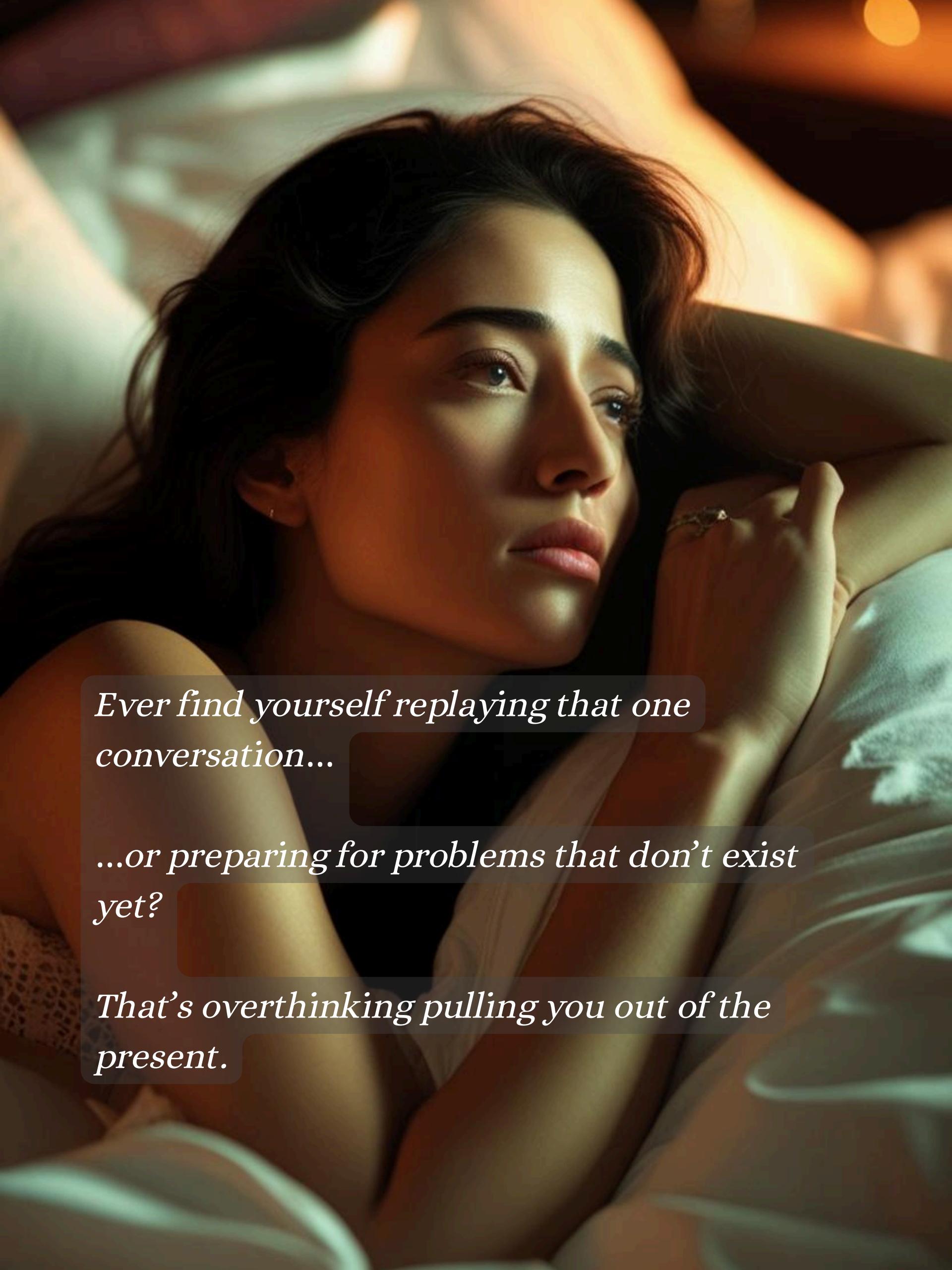


A woman with dark hair and blue eyes is lying in bed, looking upwards with a thoughtful expression. She is wearing a light-colored, striped top. The background is softly lit, suggesting a bedroom at night.

# 3 Micro-Resets for Over-Thinking

A close-up photograph of a woman with dark hair and blue eyes. She is lying in bed, propped up on her elbow, looking thoughtfully upwards and to the side. The lighting is warm and soft, creating a contemplative atmosphere.

*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.*



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.*



## 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.



## 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 hair and a warm smile is the central figure. She is wearing a light-colored, sleeveless top. She is holding a large, light-colored flower bouquet with green leaves. The background is softly blurred with warm, golden light, suggesting a sunset or a cozy indoor setting.

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

@theElementofCalm