

Quiet the Anxiety Storm

***EVIDENCED BASED STRATEGIES
TO RESET AND REGAIN CONTROL***

CORE CONNECTION
THERAPY





Welcome!

Thank you for choosing our guide. We're delighted to have you here today!

Living in a world with endless access to information and choice often leads us to become trapped in a cycle of overthinking. Whether we're analyzing every possible outcome, replaying past events in our minds, or worrying excessively about the future, overthinking can hinder our overall well-being, robbing us of the chance to be present both for ourselves and in our relationships.

If this sounds all too familiar, don't worry. Today, we're going to help you break free from the chains of overthinking.

In this guide, we have compiled ten powerful tools designed to support you in managing anxious thoughts and feelings and calming the body.

Decision-making can become easier and more efficient, allowing you to spend less time second-guessing yourself and more time taking confident and courageous action steps. Your productivity can improve as you escape the clutches of analysis paralysis, enabling you to focus on what truly matters.

So, if you're tired of spinning your wheels and want greater mental clarity, improved focus, and the confidence to manage anxiety and overthinking, you've come to the right place. It's time to put an end to the cycle of overthinking and embrace a more balanced and fulfilling life.

No time to waste.

Let's take a deep breath, relax, and dive into the invaluable tools we've created for you.

Identify and Challenge Negative Thoughts

An important first step is becoming more aware of the negative thoughts and self-criticism that can contribute to overthinking and kickstart a negative spiral. Remember, not all thoughts are facts.

Practice challenging the self-critical, judgmental, or self-shaming thoughts by questioning their validity and replacing them with more balanced and neutral perspectives. For example, try to get into the habit of asking yourself, "Are these thoughts 100% accurate or valid?" "Are these thoughts helpful?" If the answer is, "No," consider the evidence for and against your thought that's causing stress and/or anxiety to gain a more balanced and realistic view of the situation. This is called, "Thought Challenging." Good news! Not all our thoughts are facts so practice challenging those negative thoughts.

For example, when you have the thought process, "I'm not good enough" learn to challenge it by reflecting on your accomplishments, your skills, your progress, and your growth. It may also be helpful to acknowledge that we all have strengths and areas for growth, and it's important to focus on your specific progress, skills, and unique qualities rather than comparing yourself to others and putting yourself down.

Stop the Spin: Choose a Calmer Thought

With cognitive restructuring, we learn to challenge and reframe negative or unhelpful thoughts that contribute to overthinking. The first step is to identify those unhelpful thoughts that can contribute to anxiety and stress for example, catastrophizing or over-generalizing, and begin to replace them with more balanced and realistic thoughts. For example, catastrophizing is a common mental trap, this is when the mind jumps to the worst-case scenarios and expects the worst possible outcomes. Allowing these catastrophizing thoughts to take place can make it easier to spiral into worst fears causing a lot of anxiety and stress. Catastrophizing thoughts can often start with, "What if's" and tend to be negative. For example, if you often have thoughts like "What if I get fired?" or "What if they don't like me?" or "What if I'll be alone forever!?" then you might be prone to catastrophizing situations. From now on, watch out for the "what if" narratives in your mind, especially if you tend to ruminate on them as they can contribute to increased feelings of stress and anxiety. Then, consider alternative constructive and neutral perspectives as this can change how we feel and increase possibilities and options. Consider replacing "what could go wrong" with "what could go well" and take a middle-of-the-road approach.



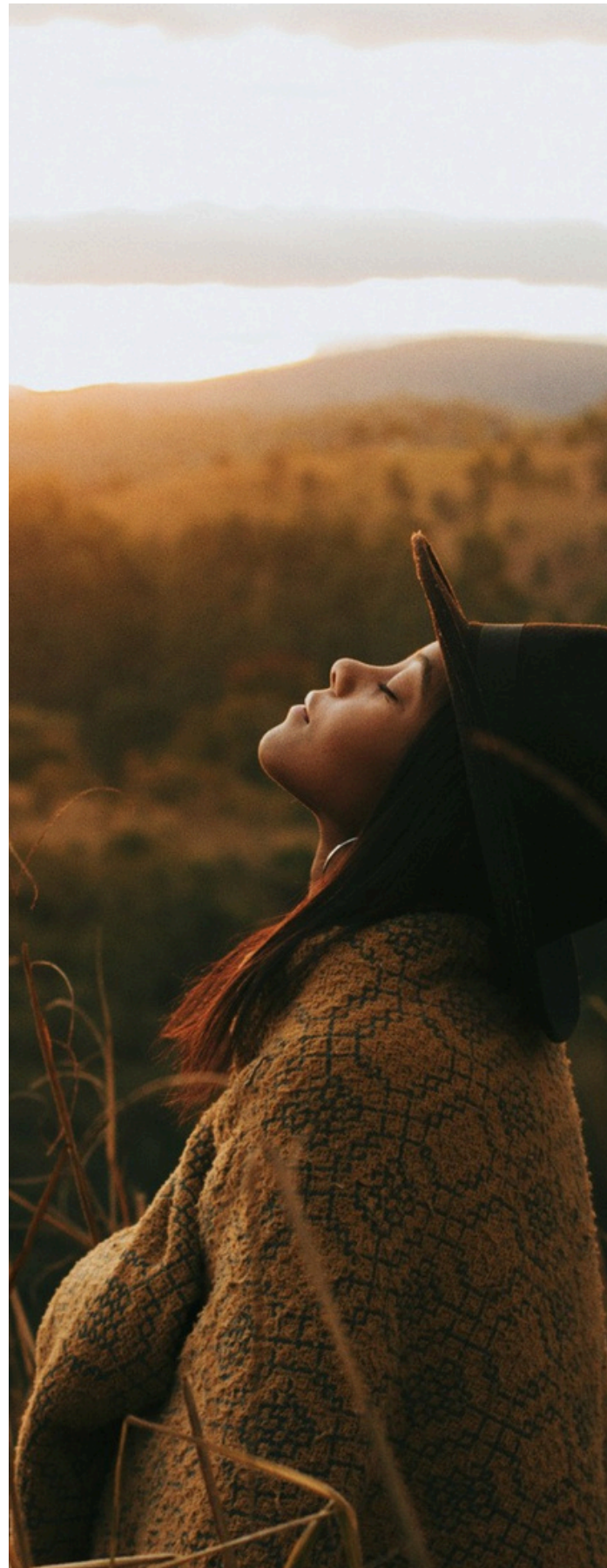
Positive Distraction to Reduce Anxiety Spirals

It can be beneficial and in some cases useful to engage in positive and healthy activities that positively distract and redirect your attention away from overthinking. This could include your hobbies, your interests, physical exercise, spending time with people that lift you up and are supportive, listening to an inspiring podcast or your favorite music playlist, and so forth. Make sure you know what activities bring you joy and help shift your focus away from worrying thoughts, and actively engage in these activities when you feel your thoughts are about to go in a negative direction.

Set Aside "Worry Time"

Similarly, it can be helpful to allocate a specific time each day to manage your worries and reduce constant overthinking. For example allocating 10-15 minutes a day at a specific time during the day, preferably not right before bed. Consistency can be important, so aiming to set aside worry time at the same time each day to establish a routine. Experiment with different times of day and assess how it affects your overall well-being and ability to manage worries effectively. If it helps you to be more productive and open in your worry session, try journaling your feelings and thoughts. With that activity, you can write everything out so that it gets out of your head and onto the paper.

This allows you to externalize your thoughts, gain perspective, and reduce the intensity of these feelings. Journaling can also be an excellent tool for reflection, self-discovery, and problem-solving. Once your "worry time" is up, consciously, and intentionally practice letting go of those thoughts until the designated time the next day. This can help contain and limit all-day rumination and get your time back to do other things that are important to you.



Engage in Active Problem-Solving

If you find that you're overthinking about a specific challenge or problem you are going through, practice proactive problem-solving techniques. Acknowledge that overthinking drains your mental energy, clarity and hinders effective problem-solving and start implementing a solution and commit to following through, one small action step at a time.

For example, start by breaking the problem down into smaller, more manageable steps, consider brainstorming potential solutions, and take action. Focusing on practical steps can help you to redirect your mind away from overthinking and focus on solutions rather than the problem. For example, if you're worried about talking to your partner about something that is bothering you, consider writing down the talking points that you would like to address. This can help provide clarity and focus. Then, consider the timing and location of the conversation to minimize interruptions and distractions.

Engage in productive activities that move you in a positive direction

In some instances, it can be helpful to distract yourself from overthinking by engaging in activities that require focus and attention. For example, you could try a new physical exercise, partake in a new creative outlet, or pursue a meaningful goal that requires some focus and brainpower. By redirecting your energy towards productive tasks, you can break the cycle of overthinking and have the bonus feeling of achievement.

Practice Acceptance and Letting Go

Practicing acceptance and letting go can be a challenge; however, when you actively acknowledge and recognize that overthinking does not lead to productive outcomes, and accept that uncertainty is a part of life, you can reduce its hold over you. In moments where you're experiencing excessive worry, try to shift your focus to what you can control in the present moment. Ask yourself, "What can I control right now?" "What's the wisest next step, I can take right now even if it's uncomfortable?" "What can I practice letting go of at this moment?" and then try and follow through with these realizations.

As an extra step, extend yourself self-compassion for situations that are more challenging to accept and let go. Practice talking to yourself like someone you care about. Chances are you'd probably be kind and understanding. This takes practice, so be patient with yourself and give yourself space to take these intentional small steps.



Train Your Brain and Body For Calm With Mindfulness Tools

Mindfulness can be an incredible tool to help you bring your attention to the present moment and feel less overwhelmed and anxious. Let's take a look at some of the most impactful mindfulness techniques to start integrating into your day. Take your time, try a few, and see what resonates for you.

THE "5-4-3-2-1" TECHNIQUE

In your current environment, identify and describe five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

This exercise helps shift your focus to the present moment. When we overthink the future, this can contribute to feelings of anxiety and stress. However, practicing mindfulness and grounding exercises can redirect our attention and focus on the present and away from unproductive overthinking.



EXTEND YOUR EXHALE BREATHING

This simple breathing technique can help you to slow down your thoughts and revisit the present moment.

- Find a comfortable seated or lying position.
- Close your eyes and take a few natural breaths to settle in.
- Begin by taking a slow, deep breath through your nose, filling your lungs with air.
- Exhale slowly and fully through your mouth, making the exhale longer than the inhale – as if you are blowing on hot tea.
- As you exhale, try to release any tension or stress you may be holding in your body.
- Pause briefly after the exhale before taking the next breath in.
- Continue this pattern of inhales and long exhales, focusing on making each exhale slightly longer than the inhale.
- Gradually extend the length of your exhales as you feel comfortable, aiming for a relaxed breath cycle.

The lengthening of the exhale can have a calming effect on the body and mind, helping to reduce anxiety and put a stop to overwhelming thoughts.

THE BODY SCAN

- Close your eyes and bring your attention to different parts of your body, starting from your toes and moving upward to the top of your head.
- Notice any sensations, tension, or areas of discomfort.
- As you focus on each body part, consciously release any tension, and allow your body to relax.
- Move through each body part slowly. Take your time and be fully present in each moment. Explore the sensations with a gentle curiosity without judgment or trying to change them. Once you check in on every area, you're partaking in an active body scan that can be beneficial in the long run.
- If you notice any tension, breathe into it. Actively bring your breath into those areas and visualize your breath flowing into those spaces, allowing them to soften and release any tension. Stay with the sensations as long as you need to.
- If it feels natural, you can also gently move or adjust any body parts that may benefit from a subtle shift. Listen to your body's needs and make any adjustments mindfully and with intention.
- Once you've practiced this a few times, you can work to extend the time you spend on each body part, the more comfortable you become with the practice.



Engage in Healthy and Positive Self-Care Practices

Moving forward, try to prioritize self-care activities that nurture your relaxation time, stress reduction, and your emotional and mental well-being.

This can include getting enough rest, maintaining a healthy lifestyle, with healthy eating, engaging in regular physical activity, and practicing calming techniques such as meditation, walking, or yoga.

Taking care of your overall well-being can help reduce anxiety and overthinking tendencies – giving you the extra tools you need to take care of yourself in moments of stress.

Seek Support

If you want to take back control of your anxiety, it's incredibly helpful to share your thoughts and concerns with trusted friends, family, or a mental health professional. Discussing your worries can provide an external perspective, support, and guidance in managing your overthinking tendencies.

Therapies such as Cognitive-Behavioral Therapy (CBT) or mindfulness-based approaches can be particularly helpful in addressing these overthinking patterns and managing anxiety while building your self-confidence.

Remember, everyone's experience with overthinking is unique, and it may take time and practice to develop strategies that work best for you. So, make sure you are patient and compassionate with yourself as you explore and implement these techniques.

If you need further support, we are available to help.

To book a **free 15-minute consultation** to see how we can help you reach your personal goals, click the button below.

Book Now



Want more? If you're struggling with managing anxiety and your social confidence, join our priority waitlist for the upcoming "Anxiety to Confidence" 4-Week Live Masterclass. New sessions starting very soon!

Check it out today.

Sign Up Now



Anxiety Management Tools and Strategies Review:

Identify & Challenge Negative Thoughts

Pause and ask yourself: "Are these thoughts helpful?" If not, replace self-critical thoughts with balanced and constructive ones.

Practice Constructive Self-Talk

What you say to yourself shapes how you feel and what you do. Talk to yourself like a good friend, being kind and understanding. Ex: "It's okay to feel nervous-this doesn't mean I can't try."

Each supportive thought= a small step towards your confidence.

Stop the Spin: Choose a Thought That's More Helpful

Notice "What if...?" thinking. Reframe catastrophizing thoughts by asking yourself: "What could go well?" Or if that feels too far out of reach, try a middle of the road approach, "What's the most realistic outcome here?"

Positive Distraction

Do one activity that brings you joy (music, hobbies, movement, or connecting with uplifting people).

Set Worry Time

If worries pop up, remind yourself you'll handle them later. Write them down and revisit during your scheduled "worry time."

Problem-Solve Proactively

Break down one challenge into smaller steps and take action, even if it's just the first small step.

Positive Redirection

Engage in a meaningful or goal-oriented activity that requires focus (creative work, exercise, learning, or a project).

Practice Acceptance & Letting Go

Ask yourself: "What can I control right now?" Release what's outside your control with grace and self-compassion.

Mindfulness Practice

Choose one grounding exercise:

5-4-3-2-1 Senses Technique

Extended Exhale Breathing

Calm Body Scan

Healthy Self-Care

Nourish your body with rest, movement, and healthy food. Do one activity that supports relaxation (i.e walking in nature, yoga, reading or meditation).

Want more support and do a deeper dive?

Click here: www.coreconnectionteletherapy.com



Disclaimer: This guide is not a substitute for therapy.