

# Overthinking?

"Why can't I handle things better?"

"Did I say something wrong?  
I must have sounded really dumb."

"Why did they look at me like that? They must hate me."



# What is overthinking?

Repetitive, difficult to stop, and often intrusive thoughts.

"compulsively focused attention on the symptoms of one's distress, and on its possible causes and consequences, as opposed to its solutions"

## Types:

Rumination

"thinking repeatedly about unresolved problems"

Overanalyzing

Analyzing each aspect of a situation over and over in-depth, which can increase confusion and uncertainty





73%

of young  
adults

overthink



# Overthinking can lead to...

Disruptive social interactions

Depression

Anger

Loneliness

Anxiety

Loss of sense of control

Stress



# Common causes of Overthinking



social media pressure

high self-expectations

uncertainty about the  
future



Don't  
worry, you  
got this!

So What  
Can You Do?



# Identifying

## Your Overthinking Triggers

What do you catch yourself spiralling about?

What times of day are you most likely to overthink?

How long do you spend thinking about a particular situation?

# Tips when Overthinking

- Grant yourself a limited amount of time to ruminate
- Reframe your thoughts in a more positive way
- Find activities to engage your mind in a new way
- Talk out loud (with a friend, or yourself!)



# Help is Always There!

Check out Office of  
Health Promotion  
for resources and  
SWA Dogs

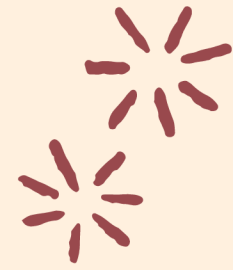
Reach out to  
loved ones

Talk to a therapist;  
Timelycare, SHAC

Give yourself time  
and trust the  
process



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