	Overthinking –	Everything	You N	leed to	Know
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What is Overthinking?
Overthinking means thinking too much about the same thing again and again.
You feel stuck. You keep replaying conversations, past mistakes, or future worries in your mind.
You may know the problem but still don't know what to do.
2. How Does Overthinking Start?
It usually starts when:
You face stress or pressure
You fear making mistakes
You want everything to be perfect
You feel uncertain about the future
You have experienced trauma or failure in the past

3. Science Behind Overthinking
When you overthink, a part of your brain called the Default Mode Network becomes overactive.
This network is usually active when you're resting or daydreaming. But if it's not managed well, it keeps running in a loop.
Another part of the brain called the Amygdala (the fear center) also becomes active.
This makes you feel anxious, scared, or stressed.
4. What Happens in the Brain?
The Default Mode Network loops your thoughts.
The Amygdala causes fear and panic.
The Prefrontal Cortex, which helps in making decisions, becomes weak.  That's why you feel confused and tired.

5. How Does Overthinking Affect Daily Life?

Trouble sleeping
Always feeling tired
Headaches and body pain
Struggling to make decisions
Getting angry or emotional easily
Not able to focus
Feeling alone or scared
Worrying too much about what others think
6. How Many People Face Overthinking?

Around 60% to 70% of people experience overthinking at some point.

Many people silently suffer without talking about it.

It is more common among people aged 18–35 years.

7. Wellne	ess Tools to Reduce Overthinking
You can calm	your brain using simple, science-backed practices:
a.	Thought Dumping Journaling
	Thought Dumping Journaling
	What it is:
	Writing down all your thoughts — without judging, fixing, or analyzing them.
	Just let them out like you're emptying your mind onto paper.
	Why it works (Science):
	Activates the Prefrontal Cortex – the brain's control center
	Calms the Amygdala – the fear and emotion center
	Reduces cortisol (stress hormone)
	Creates mental clarity and emotional release
	Works like a "mental detox"
	How to practice:

1. Take a diary or notebook

2. Write every thought that's running in your head — good, bad, or random
3. Don't correct, judge, or organize
4. Do it for 5–10 minutes daily, preferably at night
5. Don't reread — this is just for release
8. When Will I See a Change?
If you practice these tools daily, you may notice changes within 7–10 days:

etter sleep
learer thinking
ewer negative thoughts
lore emotional balance
eeling relaxed and confident
inal Message by Dag2ILL

You are not alone. Overthinking is common, but it is also manageable.

With the right tools and daily practice, you can feel lighter, calmer, and more in control.

"Here's a short video that shows you a powerful way to stop overthinking – step by step."

https://youtu.be/re842jZmpZg?si=JPRp2xkxbpzT\_V8\_

\*\*"Here's a powerful tool backed by science – Thought Dumping Journaling.

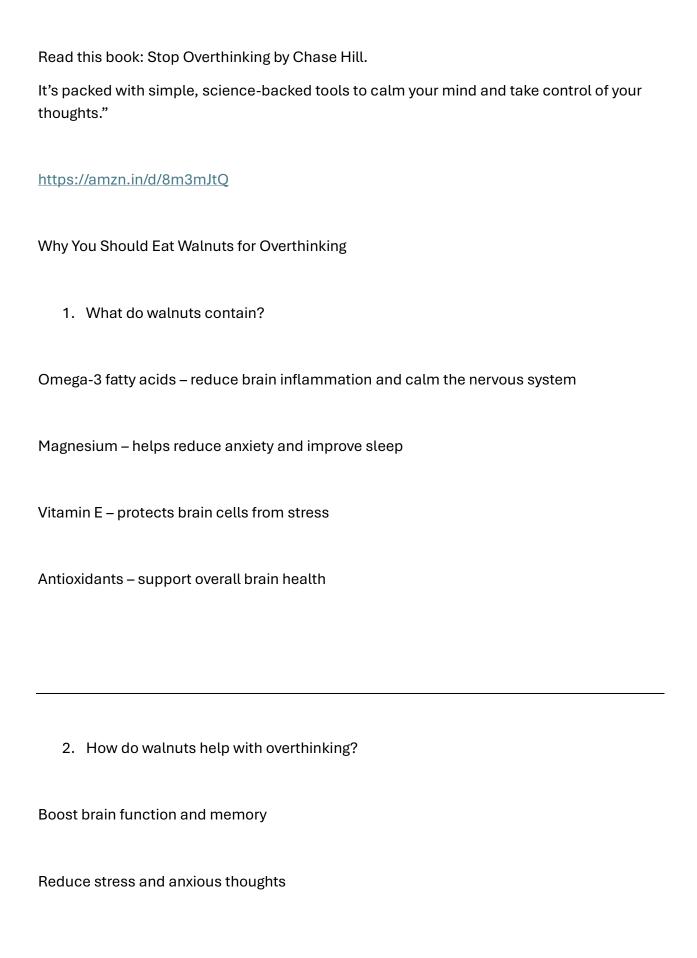
It helps you clear your mind, reduce stress, and gain control over your thoughts.

Start this simple habit today — just write what's in your mind, no filters, no rules.

Small practice. Big peace.

https://play.google.com/store/apps/details?id=com.slftok.sixthousandthoughts

<sup>&</sup>quot;Want more knowledge and deeper understanding?



Improve mood and emotional balance	
Help you feel calmer and more focused	
3. How much to eat per day?	
4 to 5 walnuts daily	
Preferably soaked overnight (makes digestion easier)	
4. When to eat?	
Morning (empty stomach) – for full absorption and brain boost	
Or as a healthy evening snack when your mind feels tired or overactive	

## Dag2ILL chatbot message format:

## "Walnuts are brain fuel!

They contain omega-3, magnesium, and antioxidants – perfect for calming overthinking.

Eat 4–5 soaked walnuts every morning to boost your brain and feel more in control."