

Overthinking – Everything You Need to Know

1. 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. Wellness 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:

Better sleep

Clearer thinking

Fewer negative thoughts

More emotional balance

Feeling relaxed and confident

Final 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>

“Want more knowledge and deeper understanding?

Read this book: Stop Overthinking by Chase Hill.

It's packed with simple, science-backed tools to calm your mind and take control of your thoughts."

<https://amzn.in/d/8m3mJtQ>

Why You Should Eat Walnuts for Overthinking

1. What do walnuts contain?

Omega-3 fatty acids – reduce brain inflammation and calm the nervous system

Magnesium – helps reduce anxiety and improve sleep

Vitamin E – protects brain cells from stress

Antioxidants – support overall brain health

2. How do walnuts help with overthinking?

Boost brain function and memory

Reduce stress and anxious thoughts

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.”