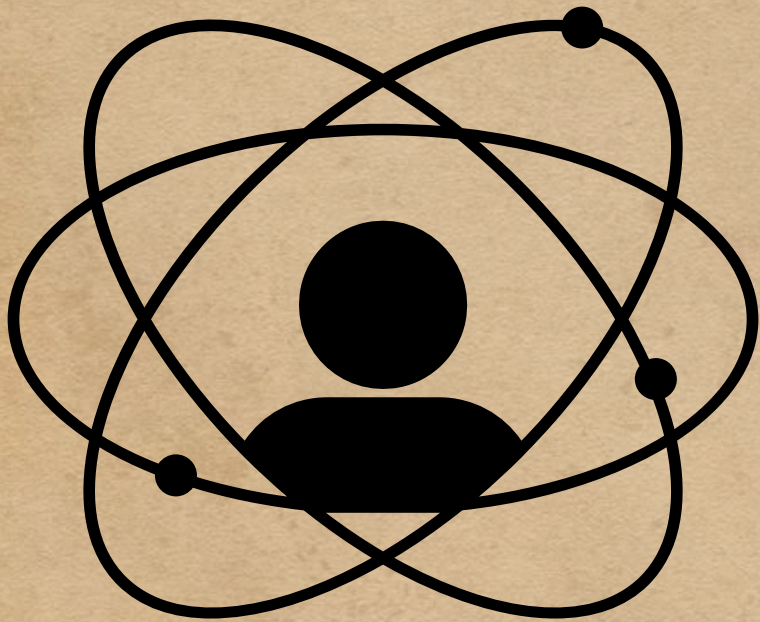


18 Japanese Techniques to stop Overthinking

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1. Nunchi



Develop your ability to gauge other people's emotions and moods. By being more attuned to others, you can reduce overthinking about social situations and interactions.

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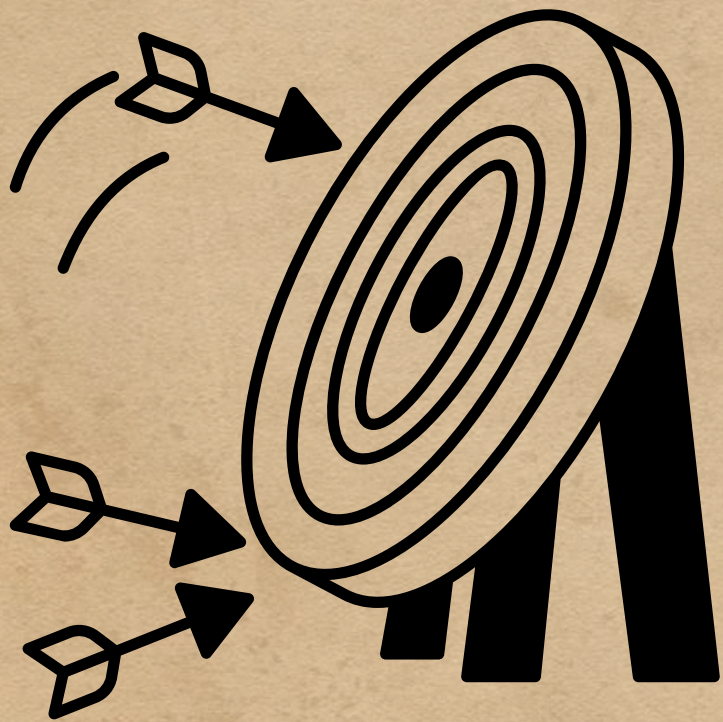
2. Zazen (seated meditation)



Practice sitting meditation to calm your mind and focus on present moment, reducing the tendency to overthink.

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3. Ikebana



Practice the art of flower arranging. This mindful activity can help you focus on the present moment and create a sense of calm, reducing overthinking.

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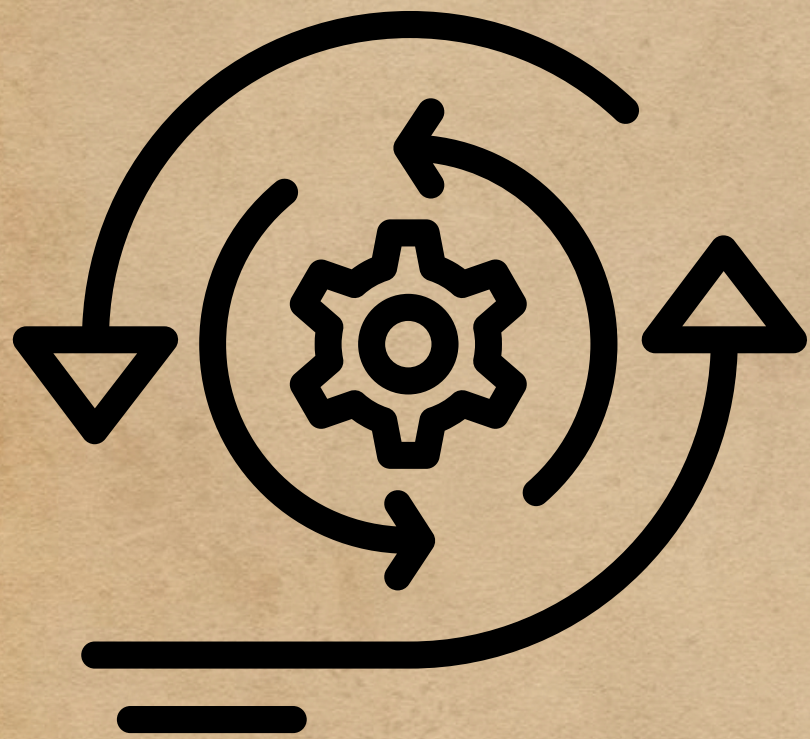
4. Ma (negative space)



Appreciate the space between things. Allow yourself mental breaks and periods of stillness to prevent overthinking from becoming overwhelming

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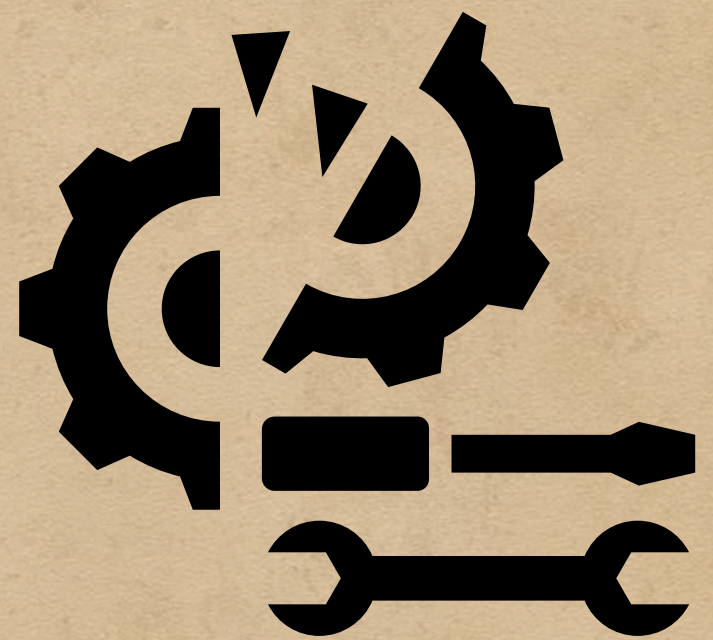
5. Hara Hachi bu



This principle of eating until you are 80% full can be applied to thoughts.

Avoid overindulgence in thoughts; stop when you've thought things through enough.

6. Kintsugi



The art of repairing broken pottery with gold highlights the beauty in flaws and imperfections. Apply this mindset to yourself and your thoughts, recognizing that imperfection is a natural part of life.

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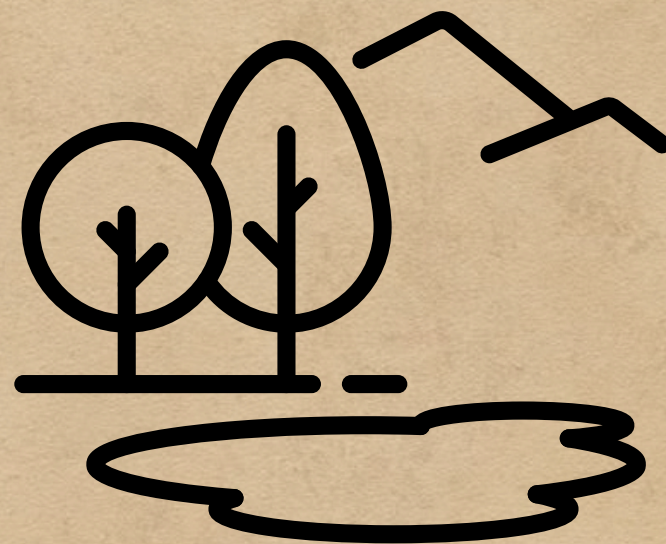
7. Wabi-sabi



Embrace the beauty of imperfection. Accepting things as they are can help you let go of perfectionist tendencies that fuel overthinking.

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8. Shinrin-yoku (forest bathing)



Spend time in nature to relax and clear your mind. The tranquility of the forest can help reduce stress and overthinking.

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9. Kaizen



Focus on making small, continuous improvements in your thought patterns and behaviors to gradually reduce overthinking.

10. Mushin

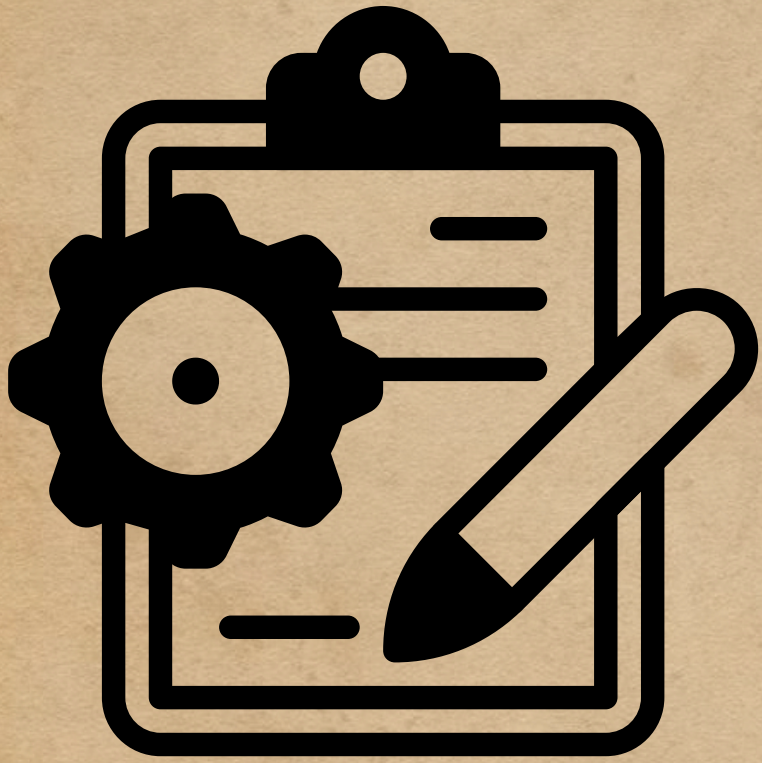


Practice the state of 'no mind' or 'empty mind'. This Zen concept involves letting go of thoughts and emotions to achieve a state of mental clarity and focus.

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11. Kanban



Use visual management tool to organize tasks and thoughts. Visually tracking your responsibilities reduces mental clutter and overthinking.

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12. Satori



Seek moments of sudden enlightenment or insight. By focusing on moments of clarity and understanding, you can shift your mind away from overthinking and towards greater awareness.

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13. Shoganai



Embrace the concept of "it cannot be helped". Accepting that some things are beyond your control helps let go of overthinking about what you cannot change.

14. Nenbutsu



Reciting Buddhist chants or mantras can help center your thoughts and bring a sense of peace. This repetitive practice can be a powerful tool to calm an overactive mind.

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15. Ganbaru



Cultivate perseverance and resilience. Focusing on persistence rather than perfect outcomes can help you manage overthinking by concentrating on effort over results.

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16. Gaman



Practice patience and endurance.

Accepting and enduring difficult situations without complaint can help you navigate challenges without getting stuck in overthinking.

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17. Misogi



Engage in purification rituals, such as standing under a waterfall, to cleanse the mind and body. This practice can help clear mental clutter and reduce overthinking

18. Oubaitori



Avoid comparing yourself to others. Embrace your own unique journey and progress, which helps reduce overthinking about personal achievements and self-worth.

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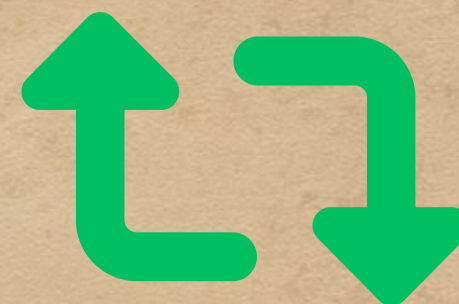
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