

Overthinking Coping Kit



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

Pause what you are doing and focus on the following:

- 5 things you can see - describe them in detail
- 4 things you can hear - close your eyes if it helps
- 3 things you can feel and touch
- 2 things you can smell
- 1 thing you can taste

This will help you reconnect with the present moment & divert your focus from distressing emotions.



PARK IT FOR LATER.

Our brain is insisting on us overthinking and overanalysing NOW, so that we don't forget something important, that we learn our lesson, that we prepare as best as possible and that we fix any problems we struggle with.

But here's where you take the steering wheel.

*"Dear brain, I know you want me to think about that **now**, but let me do it in two hours. I promise, I won't forget."*

Be proud for postponing overthinking and scheduling time for reflection when YOU want it to happen - that's how you take control of your life.



CHANGE "TRUE" WITH "USEFUL".

It's the middle of the night, and you are thinking about how your day went out of control and out of schedule yesterday, and even though you promised to yourself to get on track with your work, this didn't happen. And when you try to challenge your thoughts of "you're so lazy/silly/inefficient", your brain responds with "But it's true."

Yes, but is it useful? Does it motivate you to try for more? Does it inspire you to start the next day with positive energy? If not, then you don't need these thoughts. So instead of "Is it true?" ask yourself "Is it useful?".

If not, abort the "overthinking ship".

1

RECOGNISE AND CALL-OUT YOUR OVERTHINKER.

"I am doing it again. I am overthinking."

Sometimes we are caught up in our thinking and the only thing we have to do is to notice when we are stuck in our head.



FOCUS ON YOUR BREATH.

Place one hand on your belly and the other one on your chest and observe how your body moves when you inhale and exhale.

This will help you engage with your body and disengage from distracting, overwhelming thoughts.

No need to change the way you're breathing.

3

4

5



RECOGNISE THE "TRAP" WORDS.

"always", "never", "nothing", "everyone", "no one" (you get what I mean, right?).

"Everyone will remember the silly thing I said at the meeting. I am forever doomed and I will never get the promotion."

These words create hopelessness, despair, helplessness, stress, panic, and the only thing, *we think*, will help is overthinking what was done wrongly.

Challenge your thoughts: "*Some* people will remember, *some* will forget. I am not in their head, so I can't be sure of what happens there. What's more important is what happens in MY head."

6

7



DON'T USE "DON'T".

Our brain doesn't understand negative instructions: For example, if I ask you "Don't think of chocolate", I bet you thought of chocolate. See? It doesn't work.

So, instead of saying "Don't think about the end-of-year report", it's more helpful if you say "Think about your holidays in Rome". Distract your mind with something pleasant or neutral. And if your mind goes back to the report, then drag it back to the holidays, again and again. As many times as it takes. It's for a good reason.

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Hello! I'm VASSIA SAR

Head Psychologist &
Founder of
AntiLoneliness

MY VALUES

KINDNESS

CONNECTION

BRAVERY

CURIOSITY

BALANCE

I am a psychologist specializing in overcoming perfectionism anxiety and its debilitating effects on heart-centered professionals and entrepreneurs who strive to make a difference in the world.

I know firsthand the paralyzing impact of this toxic mindset—I've been an overwhelmed perfectionist myself. I've experienced the self-sabotage, missed opportunities, lost clients, and strained relationships that come with it.

But everything changed when I discovered how to reverse this mindset using proven, evidence-based tools and strategies. By transforming my approach, I've watched my business thrive like never before. I'm no longer overworking and stressing out; instead, I'm enjoying the journey and seeing greater success.

Now, I help others do the same, empowering them to overcome perfectionism, embrace opportunities, and grow their businesses while maintaining clarity, confidence, and calm.

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