

# 9 Ways To Stop Overthinking

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There is a fine line between thinking something through and overthinking. The problem is that not many people manage to control their thoughts efficiently and easily fall into the trap of overthinking. This kind of behavior can do more harm than you might think because it does not only prevent you from enjoying the present moment, but also deprives you from making an adequate decision that is not dictated by fear or misjudgement. Here is a list of ideas on how to escape that mind-trap.

## Decision making deadlines

Giving yourself a set amount of time for decision making is a great way to avoid overthinking. Usually, when we are trying to decide what to do, whether or not to do something, we let our minds wonder and explore all the possible outcomes of the potential choices. This isn't necessarily a bad thing but often the decision making process can keep on going for an excessive amount of time. Not only does this prevent us from taking action, but it also is a sure way to waste our precious time. So, next time when you catch yourself struggling with making a decision, give yourself a time-limit. For example, when it comes to a small decision, give it 1 minute to decide and when it comes to a big one- till the end of the day. This strategy is definitely worth trying because it's simple and saves you some time and headaches.

## Time-out

Giving yourself a break when you feel like you are not thinking straight helps a lot. We all have our moments of uncertainty and instability. In such times forcing yourself to think of a solution to a problem or making a decision can be

really overwhelming. Taking a break from the negative thoughts by going for a walk or taking a nap can improve your thinking process significantly. You will feel refreshed and will be able to resolve the issue you were struggling with easier and more sufficiently.

## **Fight procrastination**

Too many people nowadays are struggling with procrastination. Maybe this is because in the age we live in there are so many potential distractions that our minds get easily attracted to and fall into the trap of constantly delaying the work that should be done. But procrastinating can also serve you as an excuse to overthink different scenarios and situations and that can drain your energy really fast. This issue is not an easy one to resolve because it requires a strong mindset and tons of determination. But if you manage to actually become a person of action and fight the unresourceful habit of procrastination, you will not only have rarer occasions to overthink but it will also improve your life in many other aspects. So, train your mind into resisting the temptations that are distracting you and become a newer, stronger and more active YOU!

## **Working out**

What does a great job at fighting overthinking is working out. Practicing a sport or simply going to the gym can not only boost your health but it can also help you organize your thoughts. Working out regularly can help you arrange your time more efficiently and can strengthen your will and determination. You will feel more productive and won't waste time thinking insignificant thoughts.

[Read the entire article.](#)