



A FIVE DAY WORKBOOK

The Overthinking Relief *Workbook*

Five days to a quieter mind. Each day takes five to seven minutes, a pen, and a little honesty. Nothing to get right.

5 days

5 to 7 minutes a day

Print or write on screen

YOUR FIVE DAYS

Day 1 The thought catcher

Day 2 The grounding map

Day 3 Replace the what if

Day 4 The two minute release

Day 5 Your three go-to tools

Plus a closing note from our team

Why your mind loops

Overthinking is rarely a character flaw. It is usually a mind trying to solve a feeling with more thinking, which is the one job thinking cannot do.

1

Worry feels like progress

Turning a problem over gives a small sense of control, so your brain does it again. Nothing actually gets resolved, but the loop feels productive, which is exactly why it is so hard to put down.

2

What you are chasing is certainty

Most spirals are an attempt to be sure before you act. Since the future cannot be made certain, the search has no finish line. Relief comes from learning to sit with not knowing, not from finally knowing.

3

Your body has to come along

A racing mind usually sits on top of a keyed-up body. Slowing your breath, moving, or changing temperature gives the thinking less fuel to work with, which is why Day 2 is physical.

HOW TO USE THIS WORKBOOK

- One day at a time, in order. Five to seven minutes is plenty.
- Write by hand if you can. It slows the thinking down on purpose.
- Repeat any day as often as you like. There are no right answers here.
- If a page stirs something up, stop and come back to it later.

DAY ONE The Thought Catcher

Write down the three thoughts looping loudest today. Name them plainly. You are not solving them yet.

1

2

3

NOW PICK THE LOUDEST ONE AND ANSWER

What am I afraid will happen?

Is this a fact, or a forecast?

What do I actually need?

Noticing the pattern is where the relief begins.

DAY TWO The Grounding Map

Choose one physical tool and use it today. Rate how loud the thinking is before and after.

☐ 4 - 2 - 6 breathing, five rounds

☐ Cold water on your wrists

☐ A walk, naming five things you see

☐ Sixty seconds of stretching

BEFORE, 0 TO 10

AFTER, 0 TO 10

WHAT DID YOU NOTICE?

DAY THREE **Replace the What If**

Take an anxious what if and turn it into a question you can answer. You are not arguing with the fear, you are giving your mind somewhere to go.

EXAMPLE "What if I fail?" → "What is one small step I can take right now?"

_____	→	_____
_____	→	_____
_____	→	_____

DAY FOUR **The Two Minute Release**

Set a timer for two minutes and write without stopping. No grammar, no filter, no editing. When the timer ends, circle one line that surprised you.

DAY FIVE Your Three Go-To Tools

Look back over the week and choose the three things that actually helped, not the three that sound most impressive. This is your plan.

1 _____**2** _____**3** _____

WHERE I WILL KEEP THIS LIST, PHONE NOTE, STICKY NOTE, MIRROR

Two questions worth answering slowly

One thing I understand about my overthinking that I did not on Monday

What I will do differently the next time a spiral starts

You are not broken. Your mind learned to protect you.

Overthinking is often a sign that your mind has been working very hard, usually through a stretch of stress or uncertainty. Simple tools can quiet racing thoughts. Persistent overthinking usually has deeper roots, such as anxiety, chronic stress, or a nervous system that has not yet learned it is safe to slow down. With the right support, it can learn to rest.

When it helps to talk to someone

- ✓ Your thoughts keep you awake most nights
- ✓ You replay conversations for hours afterward
- ✓ Decisions feel impossible, even small ones
- ✓ It has been most days for several weeks or longer

If you are in crisis or thinking about harming yourself, please call 911 or 988, the Suicide Crisis Helpline, right away.

READY FOR THE NEXT STEP?

Let's help your mind find some rest

Talk with one of our Registered Psychotherapists at no cost and no obligation. We will listen, answer your questions, and help you find the right fit.

Book your free 20-minute consultation

or call 905.553.9507

Takes 2 minutes. No credit card. No referral needed. Evenings and weekends available.

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