

## KALE & CHOCOLATE - Blog Draft

### Suggested Titles:

When Overthinking Takes Over

Enough Already! 3 Tips to Tame Your Overthinking

---

Can I tell you something crazy? I've been a one-woman-show in my business since its inception. And I say that not to impress you, but to highlight just how ridiculous my life can get sometimes when I try to do it all.

Just imagine: Me squinting at my computer screen late-night belaboring over whether the word "delicious" or "tasty" will resonate better in a blog post. *You know, it's got to be descriptive, but just casual enough without sounding too silly or contrived.* Or picture me trying my best to style salad greens for an Instagram photo, as if I'm the Annie Liebovitz of lettuce.... *(Just a little more to the right...There, perfect! Don't move!)*

It's almost comical. I'm a textbook overthinker.

**Whether it's burning the midnight oil at work, or obsessing over nailing your latest healthy eating plan (this time!), or stewing over a relationship conflict in your life--if you tend to get stuck in a complicated whirlwind of thoughts and questions, you might be an overthinker too.**

Try this on for size:

Let's imagine that you've got a massive problem you've been chipping away at for weeks and you're so deep in it that it's starting to drive you a little mad. It's just that you feel like so much is riding on it. You really want everything to go perfectly. And even though you told yourself in the beginning that you were going to let it be fun, here you are maxed out and pushing like your life depends on it.

You lose sleep over it. You scrutinize over every detail. You're distracted at the dinner table because all you can think about is how you need this situation to work out. Your wheels are spinning so fast that, instead of letting yourself enjoy the meal with your family, you couldn't even hear your son telling you about his day.

And then you realize: You're so lost in the weeds overthinking every detail that you not only can't see the answer to your struggle, you're missing out on the life that is happening right in front of you.

**This is a prime example of how overthinking prevents us from living in the present moment.**

But, it's not *all* bad, right? I'd venture to guess that your attention to detail has played a big role in the many successes and achievements you've had in your life.

Overthinking becomes a problem when it shifts from a cleverly self-refining advantage to a pleasure-zapping high-stress situation. (*Remember those hours you spent meticulously mapping out meal plans, counting carbs and calories, and precisely measuring every bite? How fun was that?*) Eventually, the situation becomes so complicated that it's suddenly easier to just give up rather than follow through.

**What's worse is our overthinking keeps us trapped in our heads and completely dissociated from our bodies.**

I know when I'm stuck inside my own little cyclone of thoughts and worries, I'm definitely not paying attention to what my body is trying to tell me. I forget to hydrate. I wait too long to eat lunch and my blood sugar plummets. Let's not even get into the food choices I might make if I don't stop and just be in my body for a moment first. Have you ever totally forgotten to breathe before? I have.

You know I'm always reminding you (and myself!) to listen to your gut. It's for good reason. Whether it's what we're craving for lunch or the solution to our relationship woes, our bodies know all and our intuition is trying to whisper the answers to us *all the time*. But it is hard to hear when we are in our heads and not in our bodies. All we have to do is get quiet and listen.

The good news is for as overcomplicated as our swirling thoughts are, disrupting the pattern so we can truly hear ourselves is incredibly simple. Isn't that a relief?

**So, overthinkers, if you're as ready as I am, let's stand up and tell our scrutinizing brains: *Enough already!***

Here's how to do it:

**First, step away.** Just like athletes need time to recharge after periods of intensity, so does your brilliant mind. Press pause (or at least [slow down](#)) and get a change of scenery for a moment. Have you ever noticed that an Aha moment comes to you more easily when you're out for a walk, driving your car, or in the shower?

**Next, take a deep breath.** Make your breath as slow and fluid as you can: Slowly exhale everything you've got in your lungs. Then inhale, slow and deep. Pause at the top, exhale it fully. Try another round. In, pause, and out again. Relax. If you can create more space and ease in your breath, your mind and your adrenals will follow.

**Now, it's time to dig deep.** Ask yourself: "Is this excess worrying and fear of not being perfect or doing things the 'right way' giving me analysis paralysis? Am I hiding my gifts from the world for fear that I'm not quite ready to be seen? Is this worry taking away from my ability to enjoy the process?"

Instead of spiraling in worry, consider these:

- What is the worst possible outcome? That you're a failure? That you're unworthy? That you'll lose everything?
- Is this worst possible outcome even true or possible? (*Hint: It's likely not!*)
- Will this matter in a month? A year? Five years from now? (*Be honest!*)

Answer yourself fully and thoroughly. Continue with your deep breathing and relaxation. You'll be amazed at what you see when you return to your problem with clear eyes and renewed energy.

[END POST - INSERT SUGGESTED LINKS]

---