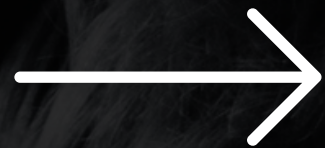




**OVERTHINKING IS  
JUST A BAD  
DREAM**



@vallabhchitnis



A woman with long, wavy hair is shown from the chest up, looking upwards and slightly to the right. She has a thoughtful or contemplative expression. The background is a dark, out-of-focus field of small white flowers, possibly cherry blossoms. The overall tone is dark and moody.

MOST OF OUR WORRIES  
NEVER HAPPEN.

YET, WE LET THEM  
CONSUME US.

**TAKE CONTROL NOW!**



# Identify the trigger

***Your boss hasn't replied to your email.***

**Overthinking thought:**

"They must be upset with me. Did I say something wrong?"

**Reframed thought:**

"They're probably just busy. If it's important, I can follow up."





***You haven't received feedback.***

**Overthinking thought:**

"No response means they're unhappy with my work."

**Reframed thought:**

"Silence doesn't mean disapproval. If there's an issue, I'll address it when I know for sure."

**Separate  
facts from  
fears**





# Put it in perspective

***Will this matter in a week?***

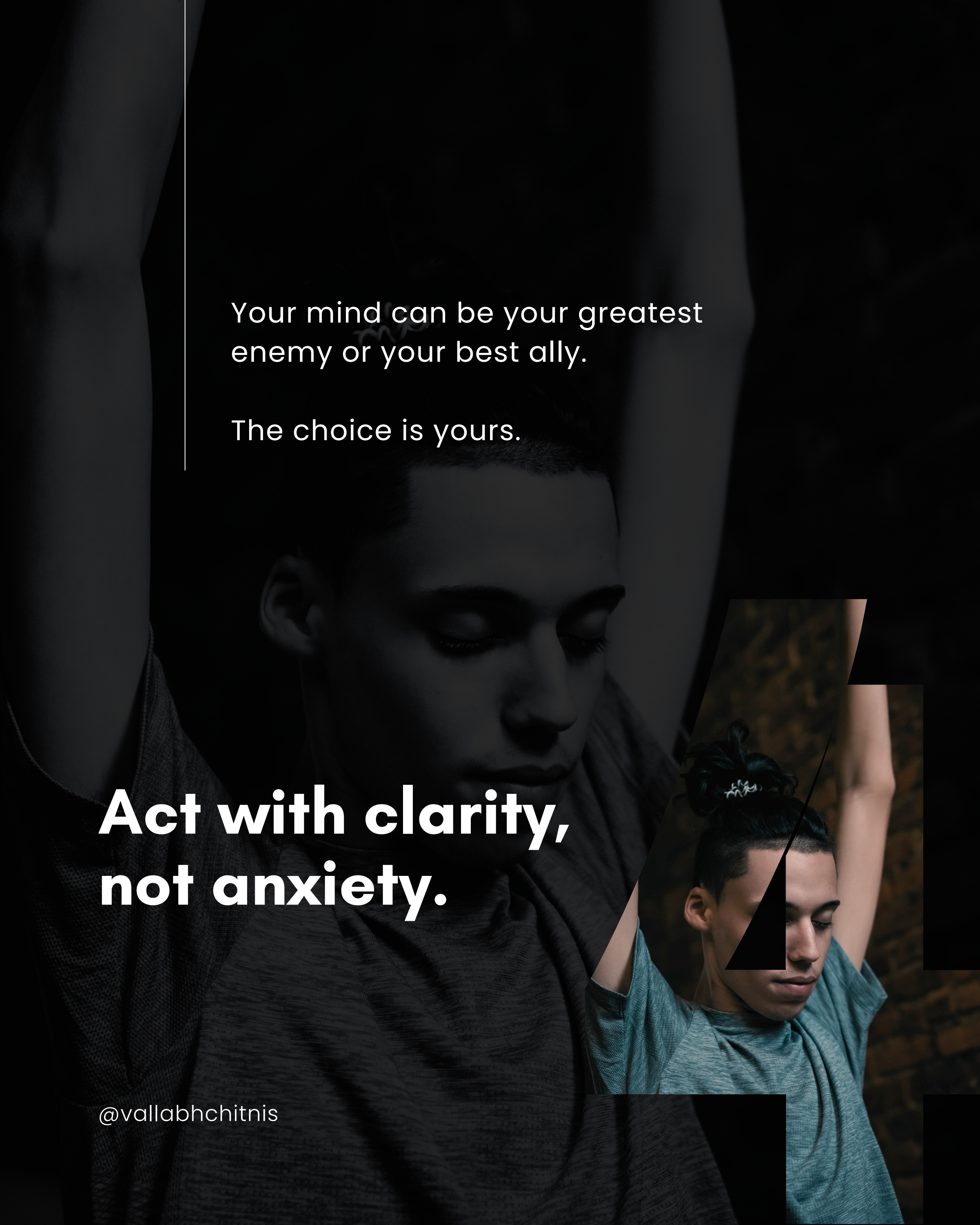
**Overthinking thought:**

"This could ruin my standing at work."

**Reframed thought:**

"In a week, this will be forgotten. My work speaks for itself."





Your mind can be your greatest  
enemy or your best ally.

The choice is yours.

**Act with clarity,  
not anxiety.**

@vallabhchitnis