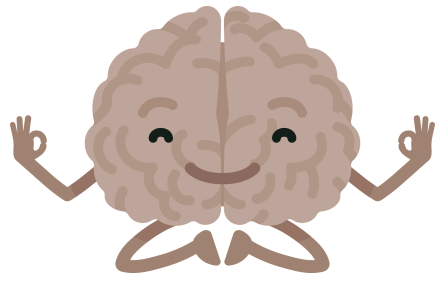


# True Counselling

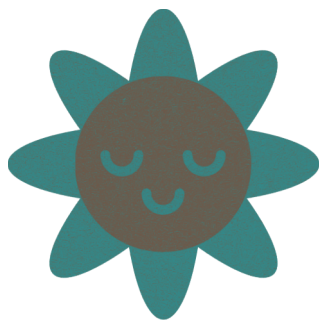
## OVERTHINKING

### SLOW THINGS DOWN



- Slow breathing.
- Pause and notice your senses.
- Write thoughts down.
- Focus on one small task.
- Take a short break.

### GROUND YOURSELF



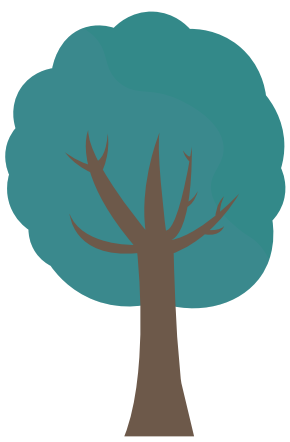
- Feel your feet on the floor.
- Look around the room.
- Name five things you can see.
- Relax your shoulders.
- Breathe out longer than you breathe in.

### CHALLENGE THE THOUGHTS



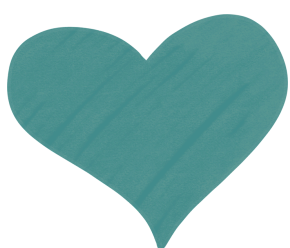
- Is this fact or fear?
- Is this helping me?
- What would I say to a friend?
- Is there another way to see this?

### SHIFT YOUR FOCUS



- Do something practical.
- Change rooms.
- Stretch.
- Drink water.
- Step outside for fresh air.

### BE KIND TO YOURSELF



- Your mind is trying to protect you.
- You're not doing anything wrong.
- Small steps help.
- You don't have to fix everything today.

### When To Seek Support

If overthinking affects sleep, mood, relationships or daily life.

Talking to a counsellor can help you understand what's underneath the worry and find calmer ways to cope.