

OVERTHINKING HOW TO OVERCOME IT?

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Annotation: This article talks about the general meaning of overthinking, the inconveniences caused by it and its solution.

Generally, “overthinking” refers to the process of repetitive, unproductive thought. Since thoughts can be focused on many different things, research has generally differentiated between “rumination” about the past and present, and “worry” about the future. Definition of overthinking is to think too much about (something) : to put too much time into thinking about or analyzing (something) in a way that is more harmful than helpful. overthink a situation/problem. someone who overthinks and worries too much. It can significantly affect your personal life, social life and work-life too. Most importantly, overthinking may also cause emotional distress. To overcome this, you will need to make some changes in your perspective and make a constant effort to shrug away any thoughts that make you feel astray. Overthinking can stem from various sources, including fear of making mistakes, stress, perfectionism, or a history of emotional trauma. Sometimes, it might be associated with mental health conditions like anxiety or depression. Although overthinking is negative in general, I believe, that it has several positive sides. People who overthink are thorough and consider multiple aspects of a situation, which can lead to better decision-making and problem solving. You can bet they have analyzed every possible scenario and are often prepared for a variety of outcomes. Overthinkers can be wise decision-makers with a proper plan or blueprint in their mind to strategize their thoughts. If overthinkers get easily hurt by people's behaviour, they are also very careful to hurt someone else with their words as they think twice before speaking.

Newertheless, there are visible causes of overthinking namely problems with health including sleepiness. Mental energy without any sort of physical outlet absolutely can make it fatiguing and make it feel like you're exhausted because you spent so much time in your own head. Spiegel added that when we overthink and stress ourselves out, our bodies produce cortisol, the stress hormone. Visible amount of people overthink at night as most of us are incredibly busy during the waking hours; our attention is pulled in many different directions, so we have limited time to think about our worries, but at night, while we lie in bed, there are few distractions from the thoughts that make us anxious. Stress due to overthinking can take a toll on your digestive health because it decreases the amount of blood flow and oxygen to the stomach. Stress due to overthinking results in gastrointestinal problems such as inflammatory bowel disease (IBD), or even irritable bowel syndrome (IBS).

Finally, there are some solutions to this problem like writing down one's own thoughts, asking questions. Firstly, one of the best ways to avoid overthinking is writing down thought where everything could be analyzed. Choose the best environment where you can be in piece. Then tap into your innate knowledge of what is best for you. You will realize that you understand more than you think. In the stillness, overthinking eventually slows down and may even stop. In fact, one new thought can bring you the clarity you need. Secondly, asking questions can help an overthinker process how they feel. If they're being quiet and it's obvious they're deep in thought, ask them what's on their mind. If they express an idea or thought, pepper them with follow-up questions to hear more about where they're coming from.