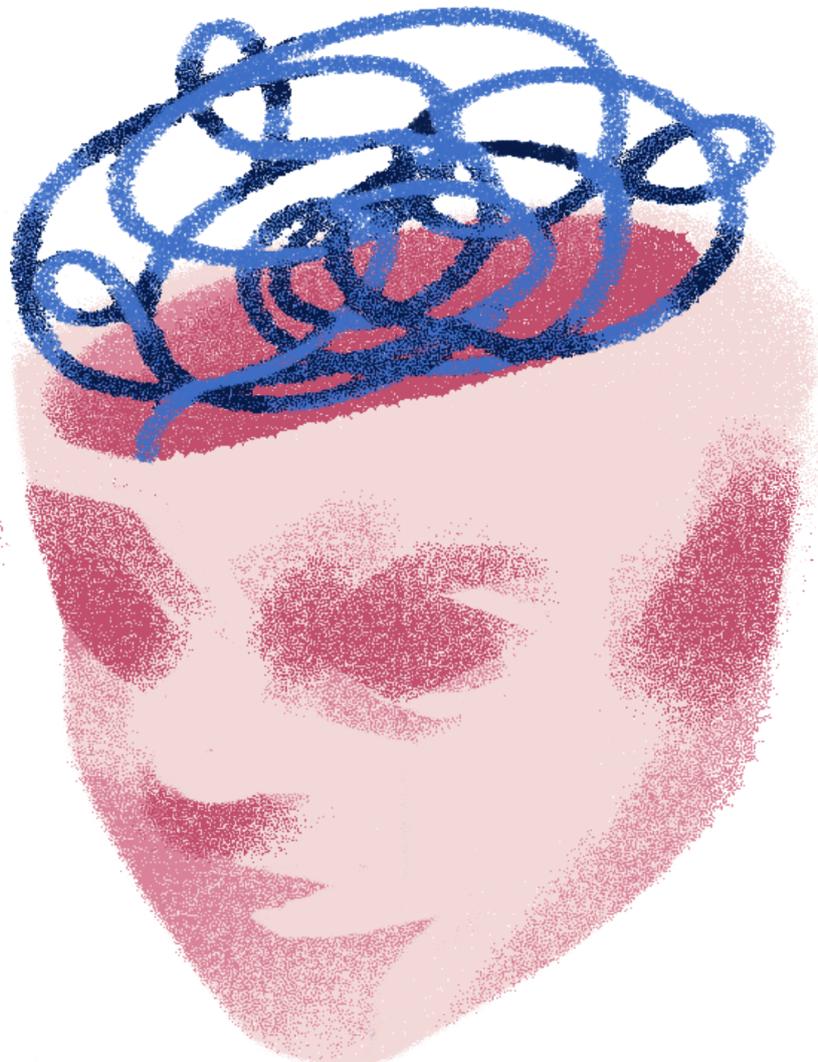


# ARE YOU OVERTHINK EVERYTHING?

HERE'S 5 SIMPLE STEPS  
TO OVERCOME

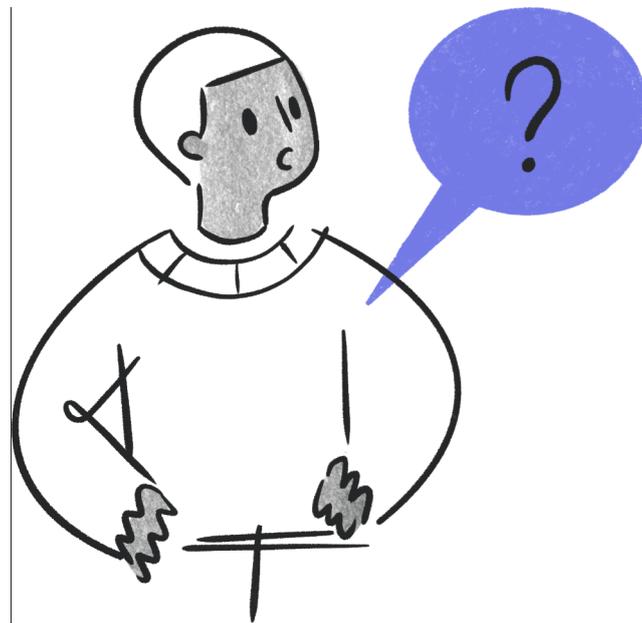


WRITE YOUR THOUGHTS DOWN

A series of horizontal dotted lines for writing.



**ASK YOURSELF ONE SIMPLE QUESTION**



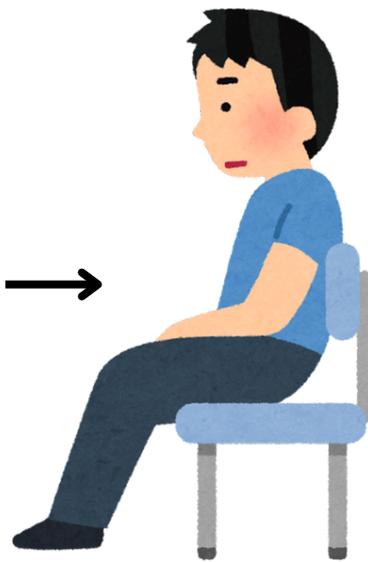
**CAN I CONTROL THIS  
SITUATION?**



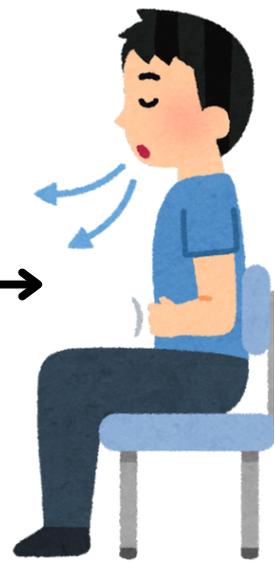
## TAKE SLOW DEEP BREATHS



BREATH IN



HOLD



BREATH OUT

## KEEP YOUR MIND BUSY



**WALKING**



**EXERCISING**



**TALKING TO  
LOVED ONCE**



**COOKING**

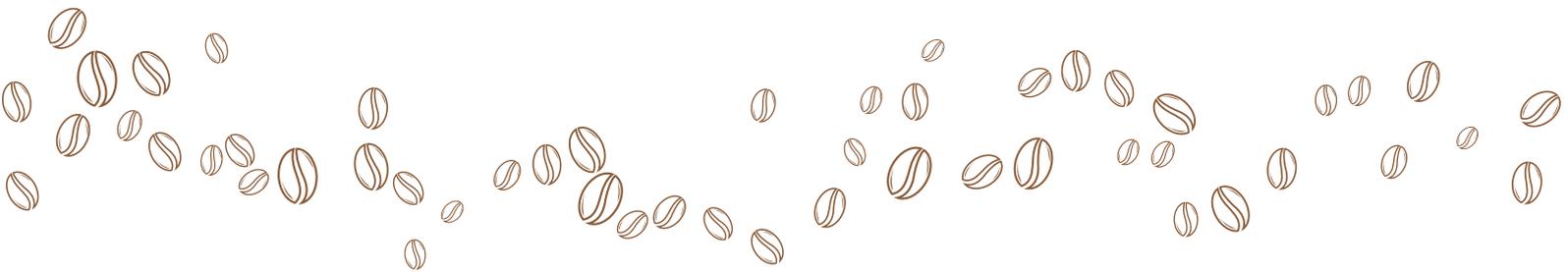


**LISTENING  
A MUSIC**



**READING**

**ACCEPT THAT NOT EVERYTHING  
NEEDS A PERFECT ANSWER**



Thank you!

